

CULINARY DELIGHTS

Malaysia
Truly Asia



Map of Malaysia






Malaysia, A Destination for Culinary Adventures

Malaysia truly is a land of plenty. The country is endowed with beautiful beaches, invigorating highlands, verdant jungles teeming with flora and fauna, vibrant cities, charming countrysides and a spectrum of colourful cultures.


Malaysia is an amalgamation of three major races, the Malay, Chinese and Indian, as well as a myriad of ethnic groups from Sabah and Sarawak. The potpourri is enriched further with the influence of the Thai, British and Portuguese cultures. This cultural diversity can be seen and experienced in many facets of Malaysian life, from its festivals and celebrations to its splendid array of mouth-watering food.

One interesting way to explore Malaysia is through its food. The culinary journey will give visitors an insight into the lifestyles, cultures and traditions of the people. Eating out is certainly a gastronomic adventure, as the food here ranges from aromatic Malay dishes, delectable Chinese delicacies, to spicy Indian fare. Malaysia offers some of Asia's finest cuisine, given the wide variety of cooking styles and cultural influences.

Food connoisseurs can rest assured that there are many exclusive restaurants that offer fine dining amidst a charming ambience. Alternatively, eat al-fresco at the open-air food courts. Urban areas abound with fast-food outlets, trendy cafés and delicatessens. In major cities with a cosmopolitan lifestyle such as Kuala Lumpur, visitors will find many restaurants serving international fare.



As the staple food for many Malaysians, rice comes in diverse styles and recipes.



Malaysia's tropical climate provides the ideal setting for a variety of fruits, vegetables and herbs to flourish.



Join a cooking class to learn about the variety of tropical herbs that add flavour to Malaysian dishes.



Visitors to Kuala Lumpur will find numerous restaurants situated in the vicinity of tourist attractions. The Seri Angkasa Revolving Restaurant is situated at a height of 282 metres above ground, in KL Tower, the fourth tallest tower in the world. Visitors can enjoy a sprawling view of the city while dining. Saloma Bistro, situated next to the Malaysia Tourism Centre, dishes out a delectable spread of authentic Malay fare. Dining is very much a cultural experience in restaurants such as Seri Melayu, where patrons can enjoy cultural performances while they dine.

To enrich visitors' experience, there are culinary tours and cooking workshops where visitors can learn the fine art of Malaysian cooking. Homestay programmes offer the unique opportunity to watch how Malay food and delicacies are prepared. Savour the tantalising spread with your host family.

As a Muslim country, *halal* food (food that is permissible for Muslims) is easily available. Most restaurants serve *halal* cuisine, but when in doubt, visitors are advised to ask, just to be sure. In major towns, there is also food for people with special preferences, such as vegetarians.

Malaysians enjoy eating at any time of the day – breakfast, lunch, teatime, dinner, supper and any time in between. The many festivals and celebrations call for a tantalising spread of food and delicacies. To sample some of the festive specialties, visitors can participate in the national-level open house celebrations held in conjunction with the festivals.





Impress friends and family back home with *roti jala*, the Malay lacy pancake.



Durian, dubbed the 'King of Fruits' can only be found within this region. A must-try for any visitor to Malaysia.

The passion for food has made Malaysia one of the best destinations for a culinary adventure. There are new tastes to savour, and delightful surprises to be discovered in almost every part of the country. Aside from Kuala Lumpur, visitors should not miss a trip to Penang, nicknamed 'Malaysia's food capital' for its bewildering selection of food. Popular spots include Gurney Drive, New Lane and Swa Tow. The historical city of Melaka not only offers a glimpse into the country's history, but provides visitors with a taste of the unique Peranakan and Nyonya fare.

Each state in Malaysia boasts its own specialty fare. Terengganu, situated on the peninsula's east coast, is famed for its *keropok lekor* or fish crackers and *nasi dagang*. The southern gateway to Malaysia, Johor, is famous for *laksa Johor*, *nasi briyani gam* and *otak-otak*. Kelantan, a state steeped in culture and traditions, is known for its fragrant blue-coloured rice called *nasi kerabu* and its tempting assortment of desserts such as *kuih akok* and *jala mas*.

Malaysia's tropical weather has endowed it with a wide variety of exotic fruits such as *durian*, *rambutan*, jackfruit, star fruit, banana, pineapple, mango, papaya, guava and more. These fruits are mostly served after meals in place of desserts and sometimes are cooked and added into dishes as ingredients.

The cuisine featured here is but a sample of the titillating array that awaits visitors. There is a diverse spread of lip-smacking delights available, if you are adventurous enough to explore. Here are a handful of recipes that transcend cultural borders and have made their way to the hearts (and stomachs) of all Malaysians.

Let the adventure begin.



Exotic tropical fruits are available all year round.



Mouth-watering Malay Delicacies

Malay cuisine is as interesting and extraordinary as its people. The culinary fare of the Malay community originates from a diverse historical heritage. Influences from the Indonesian, Indian, Thai, Arabic and Chinese cooking styles have created a culinary legacy that is both distinct and exotic.





Bazaar Ramadan offers a wide selection of sumptuous dishes.

Rice, or '*nasi*' in the national language, is the staple diet in most Malay meals. In Malay cooking, rice can be creatively presented in various methods and recipes. Popular rice dishes are *nasi lemak*, *nasi goreng*, *nasi dagang*, *nasi kerabu*, *nasi himpit* or *ketupat*, *bubur nasi* and many more. Given its versatility, rice can be eaten as breakfast, lunch and dinner. It is also the traditional favourite during festive occasions and celebrations. In Kedah, the state known as 'The Ricebowl of Malaysia', there is even a Paddy Museum that is dedicated to all aspects of rice.

When eaten plain, rice is accompanied by a selection of side dishes, which are mostly searingly spicy and heavily laced with aromatic flavours. In traditional Malay cooking, fresh fragrant herbs and roots such as lemongrass, ginger, garlic, kaffir lime leaves, fresh and dried chillies, basil, polygonum, torch ginger, turmeric roots, galangal and pandanus leaves are common ingredients. Other ingredients include rich coconut milk, used to give a creamy texture, while tamarind is used for a little tang. Pork and liquor however, are strictly prohibited as Malays are Muslims, and only consume food and beverages that are *halal*.

Most Malays love pungent food. To spice up any Malay meal, many would opt for a dollop of *sambal*, or a spicy paste that is similar to a sauce. There are many types of *sambal*, the most famous being the ubiquitous *sambal belacan*. Made of dried, fermented shrimp, *belacan* is an integral ingredient in Malay dishes and most Malaysian dishes for the matter. When uncooked, the smell of *belacan* may be unappealing, but locals swear that it adds a certain depth and richness to gravies and sauces.

Condiments and spices are available at many supermarkets or convenience stores, but the best way to get fresh produce is from local markets and night markets known as *pasar malam*. Among the most well-known is Pasar Siti Khadijah in Kelantan. This bustling bazaar is where the traders, mostly women, sell everything from fresh local greens to intricate handicrafts.

Malay food can be found everywhere, from roadside stalls to chic restaurants. One way to experience the diversity of Malay dishes, desserts and beverages is to visit a Bazaar Ramadan, an open-air market that sprouts up at nearly every corner during the Muslim fasting month. More delicacies can be savoured during the festivals of Hari Raya Aidilfitri and Hari Raya Aidiladha.

Popular Malay fare includes *nasi lemak*, *sate*, *rendang* and *laksa*. You can also expect a huge selection of sweet and savoury Malay desserts such as *kuih* (cakes), *bubur* (porridge) and *ais kacang* to complement your dining experience.

Gula Melaka, or palm sugar enriches the flavour of many Malay desserts.



Fresh local produce is available at markets such as Pasar Siti Khadijah in Kelantan.

Ulam, a raw salad of fresh herbs and vegetables, is usually eaten with *sambal belacan*.





Roti Jala



Malay kampung folk usually get together to grill *lemang* and weave *ketupat* in preparation for Hari Raya.

Ketupat, Lemang & Rendang

The sight of *ketupat* hanging in the kitchen, the smell of *lemang* being grilled and the spicy aroma of *rendang* are definite features during the Muslim festivals of Hari Raya Aililfitri and Aidiladha. *Ketupat* is rice cake, or rice dumpling, cooked in a pouch made from intricately woven coconut leaves. It is usually savoured with *serunding* (beef or chicken floss), peanut sauce or *rendang*.

Rendang is a luxuriously spiced dry curry made of beef or chicken. Like most Malay food, the spicier it is, the better. *Rendang* also goes well with other food including rice and glutinous rice. It is also eaten with *lemang* or glutinous rice cooked with coconut milk in hallowed bamboo trunks, and barbecued over open fire.

Roti Jala

A popular teatime entrée, *roti jala* is one of the most unique Malay culinary creations. This lacy pancake literally means 'net bread', named so for its web-like appearance. It is made from a creamy batter of plain flour, eggs, butter and coconut milk with a dash of turmeric for colour. A special metal or plastic funnel with small holes is used to achieve the lacy effect. The batter is then cooked briefly over a greased hot griddle, and usually rolled or folded. *Roti jala* goes great with all types of curries and gravies.

Ingredients :

1 1/4 liters	Coconut milk
1	Turmeric leaf, torn and knotted
5	Kaffir lime leaves
1 stalk	Lemongrass, pressed
1-2 pieces	<i>Asam Gelugur</i> (tamarind)
10	Red chillies, finely sliced
1 kg	Beef (fat and sinew removed) cut into 3 cm cubes

Spices (ground)

3 tbs	Chopped galangal
1/2 tbs	Chopped turmeric
1/2 tbs	Chopped ginger
200 g	Red chillies
4	Shallots
	Salt to taste

Method :

Simmer coconut milk with turmeric leaf, kaffir lime leaves, lemongrass, *asam gelugur*, sliced chillies and ground spices until the milk thickens and becomes oily. Reduce heat, add beef and cook until tender. Stir occasionally until the spices become dry and turn brown.

Rendang makes a great accompaniment for *ketupat*.





Nasi Lemak

Ingredients : for rice

- 1 cup Rice
- 3 Pandanus leaves
- 1 Grated coconut
- Salt to taste

Method :

Clean the rice and drain. Squeeze out 2 cups of thick coconut milk, add in with the rice along with pandanus leaves. Add in salt. If you desire, you can also add in some sliced shallots and ginger.

Ingredients : for anchovies sambal (*sambal ikan bilis*)

- 1 Bombay onion
- 1/2 cup Dried ikan bilis (anchovies)
- 1 clove Garlic
- 2 tbsp Tamarind juice
- 4 Shallots
- 8 Dried chillies
- Belacan paste (optional) – available at most Southeast Asian stores
- Salt and sugar to taste

Method :

Fry the anchovies until crisp and put aside. Grind *belacan* paste together with shallots, garlic and deseeded dried chillies. Slice the Bombay onion into rings. Heat 2 tablespoons of oil in a pan and fry the ground ingredients until fragrant. Add in the onion rings. Then, add tamarind juice, salt, sugar. Leave it to cook, stirring occasionally until the gravy thickens. Add in the anchovies and mix well. Serve with steaming hot *nasi lemak*, accompanied by halved hard-boil eggs, slices of cucumber and fried peanuts.

Nasi Lemak

Nasi lemak is the national meal of Malaysia. Well, unofficially. But considering the love Malaysians have for *nasi lemak*, it may as well be. If there is anything that is quintessentially Malaysian, *nasi lemak* would definitely sum it up.

Nasi lemak is rice cooked in rich, creamy coconut milk and flavoured with pandanus leaf, ginger and lemongrass for fragrance and that unforgettable taste.

Typically, *nasi lemak* is served with fried peanuts and anchovies, hard-boiled egg, cucumber slices and a dollop of sambal. Die-hard fans of this meal love to have their *nasi lemak* with many other side dishes such as fried chicken, fried cow lungs in chilly or cuttlefish gravy. When is the best time to have *nasi lemak*? Anytime. And it is available at just about anywhere from roadside stalls, food courts, restaurants to five-star hotels.

Nasi lemak, Malaysia's most popular meal, is eaten at any time of the day.



Laksa

The name *laksa* is derived from a Sanskrit word, '*lakhsa*', which means 'a lot'. It refers to the many ingredients, and effort, put into making this rich, delicious noodle dish. In general, there are two types of *laksa* - *assam laksa*, a tangy soup and *curry laksa*, its thicker, creamier counterpart. There are significant differences between the Chinese, Peranakan and Malay *laksa* but the base and essence are the same. Ingredients for *laksa* consist mainly of fish, usually mackerel or prawns, cooked with a myriad of aromatic herbs and spices. *Laksa* is accompanied by other condiments and garnishing such as shredded cucumber, pineapple, bean sprouts or mint leaves.

Each region or state has its own signature *laksa*. The most famous of course is the Penang *assam laksa*, a sweet-sour hawker dish popular across Malaysia. The least soupy of all the variants of *laksa* is probably *laksa Johor*, which is traditionally eaten with hands. *Laksam* is Kelantan's specialty, made from rice flour and eaten with a thick fish gravy cooked with coconut milk. *Laksa Sarawak* is slightly different as it uses *belacan* rather than fish and a host of other herbs and spices.

Satay

Satay is probably Malaysia's most famous contribution to the culinary world. From San Francisco to Melbourne, the appetite-stirring aroma of grilled Malaysian *satay* permeates. It is even one of the main menus served on Malaysia Airlines, the national carrier. *Satay*, also spelled '*sate*', are small pieces of meat (either marinated chicken, beef or mutton) skewered on sticks and barbecued over a charcoal fire. It is then brushed with oil mixed with honey and other spices. *Satay* is served with cucumber wedges, onions and rice cakes called *ketupat* or *nasi himpit*. What makes *satay* so special though, is the spicy peanut dip.

Satay stalls are usually open after the sun has set and they are found in most cities and towns. The most talked-about *satay* in Malaysia is perhaps *satay Kajang*. There are also other variants of *satay* available, like *satay celup* in Melaka. *Satay celup* refers to raw or semi-boiled seafood on skewers, akin to steamboat or locally known as *lok-lok*. As its name suggests, one must *celup* or dunk it in a boiling pot of water before eating it with a special sauce.



Satay is barbequed and served outdoors.



Satay is a popular Malay fare known around the world.





Dodol



Ais Kacang

Pengat Pisang

Ingredients :

500 ml	Water
50 gm	Sago pearls (optional)
150 gm	Palm sugar, roughly chopped
200 gm	Half-ripe bananas, peeled and sliced
200 ml	Thick coconut milk
1/4 tsp	Salt to taste

Method :

Boil the water and add the sago pearls. Boil for 10 minutes, stirring continuously to separate the sago and prevent it from settling at the bottom of the pot. Turn off fire and cover the pot. Set aside for 10 minutes. Drain the sago, and rinse in running water. Then set it aside. Bring the palm sugar and water to a boil, stirring continuously to dissolve the sugar. Add in bananas, coconut milk and salt. Stir over a medium flame until the mixture comes to a boil. Add the cooked sago pearls, stir and remove from heat. Serve warm.



Pengat Pisang

Ais Kacang

Ais kacang or *air batu campur* (ABC) as it is sometimes called, is probably the most popular Malaysian dessert. It is a concoction of sweet and colourful ingredients like sweet red beans, grass jelly (*cincau*), cream corn, ground peanuts (*kacang*), sometimes nutmeg, and other ingredients. It is added to a mound of shaved ice, drizzled with a generous amount of syrup, palm sugar and evaporated milk. In some shops, *ais kacang special* is topped with a scoop of ice cream of your choice. This delightful combination of colours, tastes and textures is a favourite treat especially on hot days, and after a spicy meal. It is available at almost any restaurant.

Dodol

Every festive season has its special delicacies. The Muslim festival of Hari Raya Aidilfitri would not be complete without *dodol*. This sweet, gooey, gelatinous treat is made from rice flour, palm sugar and coconut milk, continuously stirred in a large wok over fire for five to six hours. In a traditional Malay *kampung*, neighbours usually come together to toil over this mix as Hari Raya approaches. This ritual helps to strengthen the spirit of goodwill, unity and harmony amongst *kampung* folk. These days, *dodol* is sold especially during the fasting month at Bazaar Ramadan. Some homestay programmes even offer tourists the chance to try their hand at the art of *dodol*-making.

Pengat Pisang

Pengat is a local dessert that is made from tropical fruits cooked in coconut milk and palm sugar. There is a whole range of *pengat* available in Malaysia, such as *pengat durian* (a fruit with a thorny outer skin but sweet creamy flesh), *pengat ubi* (tapioca), *pengat pisang* (banana), *pengat jagung* (sweet corn), *pengat sago* and the list goes on. *Pengat pisang* is a pretty simple dessert to make and it tastes delicious. Not too rich, not too sweet but an excellent conclusion to a satisfying meal.

Tantalising Chinese Cuisine

Chinese cuisine is widely popular in Malaysia. The appeal of Chinese food is due to its fresh ingredients, variety of cooking styles and easy availability. Aside from the influence of local cooking methods, the inherited culinary traditions of the Cantonese, Szechuan, Hokkien, Hakka, Teochew and Hainanese make Malaysian Chinese food one of the most tantalising and diverse.





Mandarin oranges are given to friends and family during Chinese New Year to symbolise a long-lasting relationship.



Chinese fare is generally mild, stir-fried and best savoured when it is piping hot. Lunchtime favourites include rice, served with meat and vegetable side dishes. Noodles are another versatile and staple favourite. One can choose either fried, soup or curried noodles.

Over time, adaptations and variations of classic Chinese cuisine were made to suit Malaysians' discerning taste. Creative touches were given by adding local ingredients, which led to the birth of delicious new recipes that are uniquely Malaysian. Visitors will find a plethora of Chinese dining outlets in Malaysia, from restaurants that serve expensive delicacies such as shark's fin or bird's nest soup to hawker stalls that sell *char kuay teow* (fried flat noodles) and *bah kut teh* (pork bone soup). Chinese vegetarian meals are also easily available.

In most towns, visitors will find '*kopitiams*', or traditional Chinese coffee shops that exude an old-world ambience and charm. Typically, a *kopitiam* serves food and drinks that are exclusively Malaysian Chinese. It is a place where friends meet up and exchange news over a plateful of boiled eggs, thick slices of toast generously drizzled with butter and *kaya* (coconut jam), and washed down with a strong cup of authentic, locally brewed coffee. The quaint décor and homemade dishes make dining here an interesting experience.

The main festival for the Chinese community is the Lunar New Year. It is a time for lion dances, firecrackers, family gatherings and handing out of Mandarin oranges and *ang pow* (little red packets filled with money). The highlight of the festivities

is on the eve of the New Year, when family members from near and far come together for a Reunion Dinner to rekindle family ties and enjoy a glorious feast.

The dishes that are normally prepared for the reunion dinner each present a symbolic meaning. Dumplings are served to imply wealth as they look like ancient gold nuggets while whole fish or chicken represents prosperity and completeness. Noodles suggest longevity and *yee sang* is the symbol of prosperity. Even oranges and tangerines convey the meaning of long-lasting relationships, happiness and a good future.

The Mid-Autumn or Moon Cake Festival is another interesting celebration for the Chinese community. Celebrated on the fifteenth day of the eighth Lunar month, this festival is marked by lantern processions by children and adults alike. During this time, Malaysian Chinese exchange moon cakes with friends and family as an expression of their best wishes.

For visitors who are keen to know about the culture and traditions of the Chinese, the Chinese History Museum in Sarawak offers a fascinating insight.

Braised Mushroom and Abalone



A sumptuous feast served during the Reunion Dinner.



Enjoy a strong cup of authentic local coffee at a *kopitiam*.



Hawker stalls abound, offering fast and sumptuous meals.



Char Kuay Teow

A plateful of sizzling *char kuay teow* is easily one of the most popular items from the Chinese kitchen. *Kuay teow*, or a type of flat noodle, is fried over high heat with lip-smacking ingredients such as prawns, chicken, cockles, chives as well as light and dark soy sauce. It is topped with a generous amount of crunchy bean sprouts. Duck's eggs are sometimes added to give it that extra flavour. As customers queue up for this scrumptious dish, the cook deftly stir-fries the contents in a huge iron wok. The most famous and sought-after *char kuay teow* is found on the famous gourmet island of Penang. However, the dish is available everywhere from roadside stalls and *pasar malam* (night markets) to food courts in shopping complexes and five-star hotels.

Char Kuay Teow

Ingredients :

150 gm	<i>Kuay teow</i> (flat rice noodles)
75 gm	Prawns
30 gm	Chives
20 gm	Bean sprouts
1	Egg
30 gm	Cockles (shells removed)

Seasoning :

1/2 tbs	Thick black soy sauce
1 tbs	Soy sauce
1 tbs	Chicken powder
	Chili paste
1/2 tbs	Oyster sauce

Method :

First heat wok, and add 3 tablespoons of cooking oil. Sauté prawns till half cooked and put it aside. Heat the wok again, add in oil and stir-fry the noodles, adding in all the seasoning. Fry for about 3 minutes. Then add in chives and bean sprouts. Stir-fry again and add in cockles and eggs. Finally, add in the fried prawns. Sprinkle some fried shallots and coriander sprigs for garnishing. Serve hot.





Yellow noodles, vermicelli and kway teow are among the many types of noodles served.

Curry Mee

Ingredients A :

2	Deep-fried tofu cake, cubed
75 gm	Cooked chicken
10 gm	Long beans
10 gm	Eggplant
5 gm	<i>Foo pei</i> (dried bean curd skin)
150 gm	Yellow noodles

Ingredients B :

2	Coconut milk (separated into 2 portions)
20 gm	Lemongrass (chopped)
20 gm	Shallots (chopped)
50 gm	Curry powder
5 gm	Curry leaves
10 gm	Chili paste

Method :

Poach all items in ingredients A separately and put them aside. Then heat wok, and add three spoons of oil. Add all ingredients B except for the coconut milk, sauté until aroma permeates, then only add a portion of coconut milk and leave the concoction to boil. Next, add in the remaining portion of coconut milk and leave it to simmer. Add all poached items into the curry soup and serve while it's hot.

Curry Mee

Curry mee is a dish that is uniquely Malaysian. It is mainly a bowl of either yellow noodles or vermicelli (beehoon) served in a spicy curry made from curry powder, coconut milk and a host of other spices and ingredients. It contains fried tofu and meat (prawns, cuttlefish or chicken, or all). Curry mee is garnished with shredded chicken meat, crunchy bean sprouts and mint leaves, and perfected with a dollop of *sambal*.



Hainanese Chicken Rice

Hainanese chicken rice is one of the most common and economical rice meals available in Malaysia. Originating from the island of Hainan in China, the dish can now be found at virtually every food stall and eatery all over the country. It is a simple and tasty rice dish that gives both carbohydrate and protein. The succulent chicken is boiled or steamed with a rich stock of chicken bones, or barbequed. Sometimes, the chicken is first dipped in ice-cold water to produce a smooth texture. The rice is the true essence of this dish. It is cooked in chicken stock, with salt, garlic and ginger. Hainanese chicken rice is garnished with cucumber, scallions, cilantro and accompanied by a bowl of chicken broth. A savoury sauce made of chilli, garlic, ginger and lime juice completes the meal.



Hainanese Chicken Rice

Yong Tau Foo

This is a dish of Hakka origins, which has gained popularity in Malaysia. *Yong tau foo* literally means 'stuffed bean curd'. Essentially, the stuffed tofu containing fishballs, crabsticks, vegetables and wantan are served in clear soup and can be eaten just as it is or with noodles or rice. It is also delectable when dipped in a specially-made chili sauce and sweet brown gravy. Aside from restaurants, *yong tau foo* can also be found at Malaysian night markets.



Yong Tau Foo

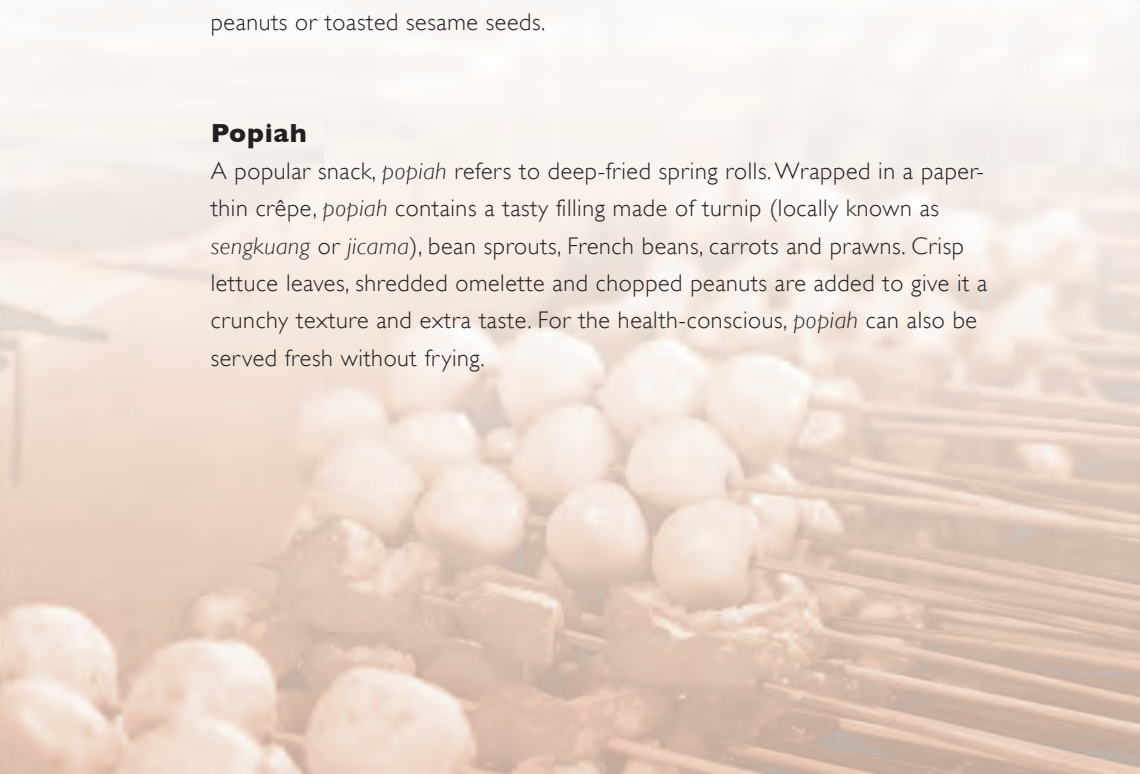
Joo Hoo Eng Chai (Cuttlefish Salad)

Looking for an appetiser or just a light but delicious snack? Try *joo hoo eng chai*, or more popularly known by its Malay name, *sotong kangkong*. This succulent salad is uniquely Malaysian and is not easily found anywhere else, well except maybe in the neighboring country of Singapore. A popular hawker fare, it is made of cuttlefish, water convolvulus or water spinach (*kangkong*) as it is sometimes called, a sweet prawn-based sauce and sprinkled with ground peanuts or toasted sesame seeds.



Popiah

A popular snack, *popiah* refers to deep-fried spring rolls. Wrapped in a paper-thin crêpe, *popiah* contains a tasty filling made of turnip (locally known as *sengkuang* or *jicama*), bean sprouts, French beans, carrots and prawns. Crisp lettuce leaves, shredded omelette and chopped peanuts are added to give it a crunchy texture and extra taste. For the health-conscious, *popiah* can also be served fresh without frying.





Yee Sang

Yee Sang

Yee sang or raw fish salad is synonymous with the Chinese New Year celebration in Malaysia. Dubbed the 'prosperity dish', yee sang is made from a mélange of thin slices of raw fish, jellyfish, shredded vegetables, herbs, spices and oil. The best part of having yee sang is when it is tossed and mixed together by family members in a warm and joyous atmosphere, while cheering "Low Heil" (let's dig in!). The tossing of yee sang is believed to bring good fortune and wealth in the upcoming year. Besides strengthening bonds between family members, yee sang also symbolises happiness and longevity.



Claypot Rice

Claypot Rice

The claypot rice, or *sa po fan* in the Chinese language, is a simple meal which can be found across Asia. At its most basic, this meal is rice infused in dark soy sauce and topped with diced chicken, Chinese sausage, mushrooms and other ingredients. It is cooked in an earthen vessel over charcoaled fire, which gives it the distinct flavour. It is said that the best part of this dish is getting to the nutty, slightly charred crust at the bottom and sides of the claypot. This popular dish can be found at the many Chinese restaurants and food courts around the country.

Moon Cake

Every fifteenth day of the eight lunar month, Chinese people from all over the world celebrate the Mid-Autumn or Moon Cake Festival. Moon cakes are also called the 'reunion cake' as family members reunite and savour this sweet treat. Moon cake is a traditional Chinese pastry shaped to resemble the full moon. During this time, Chinese restaurants and supermarkets are filled with moon cakes containing a variety of fillings – from traditional fillings such as lotus paste and red bean to more creative and imaginative flavours such as taro, chocolate, coffee, cheese, custard, green tea, *pandan* and *durian*. There are also other savory options such as yam paste with chicken, or ham. It usually comes with salted duck's egg yolk in the centre which represents the full moon.



Moon Cake



Flavoursome Indian Fare

The Indian culture, customs and cuisine have a strong foothold in Malaysia, ingrained over centuries of trading with the Malay Archipelago. The Indians have shared their robust spices with fellow Malaysians, and therefore enriching many local cuisines.





Indians adorn their homes with colourful *kolam* in anticipating Deepavali.



Mamak offerings are fast, unique and most importantly, affordable.

Indian cuisine is generally spicy, flavourful and piquant as spices are the essence of Indian fare. The harmonious blend of cardamom, fenugreek, cinnamon, coriander seeds, cumin seeds, mustard, poppy seeds, turmeric, fennel, cloves, saffron and chilli not only enhances the flavour of the food, but also adds character to the dishes.

Traditional Indian food in Malaysia can be broadly classified into two distinct types - North and South Indian. A typical South Indian meal consists of rice, curry, side dishes and yoghurt served on a banana leaf. North Indian favourites include *biryani* rice, grilled meat and bread varieties such as *naan*, *roti parata* and *chapathi* served with aromatic and spice-laden curries and *chutney*.

Indian breads or rice are also served on a *thali*, a circular metal tray while the curries or *chutneys* are served in small metal bowls called *katori*, placed on top of the *thali*. Aside from rice, Indian breads such as *thosai*, *idli* and *poori* are easily found, served with delectable accompaniments in the form of *sambar* and *chutney*. There are also a number of vegetarian restaurants in Malaysia and most Indian restaurants offer sumptuous vegetarian dishes.

A unique variant of Indian cuisine in Malaysia is Mamak food. Mamak (originating from the word *mama* or 'uncle' in Tamil) is in essence, Indian Muslims of Malaysian nationality. They are well-known for their lip-smacking food, characterised by thick, spicy and gravy-laden dishes. Signature Mamak dishes include *nasi kandar*, *mee goreng mamak*, *rojak mamak* and fish head curry.

Although the northern state of Penang is regarded as the stronghold of authentic Mamak cuisine, these days Mamak restaurants are found throughout Malaysia and have become a firm favourite among city folks. Open round-the-clock, Mamak restaurants provide an open-air, casual dining ambience. Aside from its irresistible taste, affordability is another key factor that gives Mamak food its overwhelming popularity. Mamak food is *halal* or permissible for Muslims.

One of the best ways to experience Indian culture and sample the cuisine is by making a trip to the Little India enclaves in Kuala Lumpur, Selangor and Penang. In Kuala Lumpur for instance, Jalan Masjid India and Brickfields attract shoppers from all over for their wide range of products, including textiles, jewellery, accessories, spices, herbs and religious paraphernalia. Visitors will find a number of Indian and Mamak restaurants, offering delicious meals or snacks such as *samosa* and *vadai*. Munchies such as mixed nuts and fritters are other favourites, commonly sold by hawkers. And to wash down, how about a refreshing bowl of *cendol*?

The Little India precincts are especially packed during festive seasons, when Malaysians come in droves to get the best deals for beautiful textiles, new garments and home decorative items.

One of the main celebrations for the Indian community is Deepavali, or the Festival of Lights. During this time, houses are cleaned, lit with traditional lamps and decorated with the colourful *kolam*. After the morning prayers at the temple, many Indians hold open houses to receive guests. The festive season is also an excellent time to savour traditional delicacies such as *murukku* and sweet balls known as *laddu*.



Indian festive delicacies such as *muruku* and *laddu* can be savoured during Deepavali.





Healthy and tasty, Indian breads are easy favourites for many.



Indian Breads

Unleavened breads are the staple food for most Indians. They are healthy, tasty and come in a great variety from *chapati*, *naan*, *thosai*, *roti* to *appam*. These breads are usually eaten with your own selection of spicy curries, rich *chutneys* or exquisite sauces. *Thosai* and *naan* have become firm favourites among Malaysians. *Thosai* is a crispy crêpe made from a thick batter of rice flour and black gram *dhal* fermented overnight. Varieties of *thosai* include *masala thosai* (*thosai* with potato filling) and egg *thosai*. *Naan* resembles pita bread and can be eaten plain or stuffed with delectable fillings such as vegetable *masala*, raisins, cheese or *keema* (a dry meat curry). Indian breads are sold in most Indian and Mamak restaurants across Malaysia.

Chicken Tandoori

This dish derives its name from the *tandoor*, a cylindrical clay oven in which it is cooked. It is believed that cooking in a *tandoor* oven retains the juices and taste of the meat or bread, making it even more succulent. To make this dish, chicken is marinated in yoghurt and luxuriously seasoned with garlic, ginger, cumin, cayenne pepper and a host of other spices. It goes great with *naan* or rice or can be savoured on its own with a mint sauce. *Chicken tandoori* can be found in many Indian restaurants serving authentic Indian cuisine and Mamak stalls around the country.

Chicken Tandoori

Ingredients for the marinade :

250 gm	Yoghurt
50 gm	Ginger (paste)
50 gm	Garlic (paste)
1 tbs	Red chilli powder
1/4 cup	Cooking oil
1 tsp	Salt

Cooking ingredients :

1	Medium-sized chicken (cut)
2 tbs	Salt
2 tbs	Melted butter
1 tbs	Lime juice

Method :

Mix well all the ingredients for marinating, then coat the mix all over chicken pieces and leave it marinated for at least 6 hours. When it is ready to cook, grill the chicken for about 15 minutes until they turn golden red. Continuously turn the chicken over each side. Finally, when it is fully cooked, serve in a bed of lettuce, garnish with lemon or lime wedges and fresh coriander leaves. As an alternative to the *tandoor* oven, you can grill using the conventional oven or barbeque.



Chicken Tandoori



Banana Leaf Rice



Banana Leaf Rice

A staple South Indian fare, the banana leaf rice features a mound of steaming plain rice with a generous amount of spicy curry and accompanied by an assortment of delicious side dishes, all served on a banana leaf. *Papadum*, or crispy lentil crackers, yoghurt and pickles complete the meal. Banana leaf rice is generally a vegetarian fare, but meat-based curries, deep-fried chicken and fish are readily available. It is believed that the steam from the rice releases the banana leaf's coating, which helps to ease digestion.

Biryani Rice

Biryani rice is an ambrosial Mughal dish that tastes as good as it smells. To ensure that every grain of rice is infused with spices, it is first fried with ghee and spices such as cinnamon, ginger, saffron and garlic. Then it is cooked with meat stock and pieces of either chicken, mutton or fish, and sometimes eggs. Although it is delicious just as it is, *biryani* rice is served with side dishes such as curries or gravies, salads, pickles and *papadum*. This flavourful cuisine has also made its way into the Malay culture, so much so that nowadays, it is the main menu served during weddings and special occasions.

Biryani Rice



Nasi Kandar

Your visit to the Mamak restaurant would not be complete without trying the *nasi kandar*. This signature Mamak fare originates from Penang. In the olden days, vendors used to balance or *kandar* steel containers on their shoulders with a wooden bar while they walked around to sell their food. Hence the name, *nasi kandar*.

Nasi kandar is typically plain rice served with a variety of curries and side dishes, anything you fancy. Expect a plateful of rice accompanied by your choice of flavoursome deep-fried chicken, cubed spleen, beef, squid, prawns or fish roe and a mixture of curries and other sauces. Vegetable side dishes such as brinjal, ladies' fingers, bitter gourd or cabbage salad are also available. The dish is made complete with pickles and *papadum*.

Nasi Kandar



Tossing Roti Canai





Murtabak



Roti Canai and Murtabak

Roti canai is a favourite Malaysian breakfast item. This flatbread is composed of fluffy dough made of flour, water, egg and ghee. The art of making *roti canai* lies in the repeated kneading, folding, oiling, flattening and tossing of the dough before cooking it on an oil-drenched flat skillet. Ideally, the pastry should be crispy on the outside and soft inside.

Murtabak is a sample of true Mamak ingenuity. It is basically *roti canai*, layered and folded with luxuriously spiced minced meat and eggs. Visitors can also try the sardine *murtabak*. This delicious meal is served with curry as well as pickled onions or cucumber. Nowadays, *murtabak* and *roti canai* can be found anywhere from Mamak restaurants to Malay stalls, night markets and even in the frozen food section in supermarkets.

Mee Goreng Mamak

Mee goreng mamak is a sweet, spicy and savory dish of yellow noodles stir-fried in a thick mix of black soy sauce with eggs, tomatoes, chilli, potatoes, bean curd, and vegetable fritters. Available at all Mamak outlets, it is great at any time of the day, and even if you are still up at three in the morning and feeling a little peckish.

Mee Goreng Mamak

Ingredients :

1	Large handful of yellow noodles
1/2 cup	Oil
4 cloves	Garlic, finely chopped
1	Onion, chopped
1	Egg
1 tbs	Red chilli paste
2 cup	Potato, diced and boiled
500 gm	Firmly fried tofu cubes
1 cup	Bean sprouts
3 tbs	Ketchup
2 tbs	Soy sauce

Method :

Boil noodles in hot water for 5 minutes until they start to slightly soften. Drain and set aside. Place 1 tablespoon of oil in hot wok first, then pour in remaining oil. Add in garlic, onions, chilli paste, potatoes, egg, tofu and fry. Add noodles and stir; then add bean sprouts and stir again. Season with ketchup and soy sauce to taste. Garnish with slices of chilli, fried shallots or coriander sprigs. Serve hot.



Mee Goreng Mamak



Cendol

This sweet treat is excellent on hot days. In a bowl of *cendol*, visitors will find green strands made from flour and *pandan*-flavoured water, along with red kidney beans, glutinous rice or cream corn, and a mound of shaved ice drenched in a generous amount of coconut milk. Drizzled with palm sugar syrup, cendol is a simply delicious dessert!

Teh Tarik

Dubbed the national drink, *teh tarik*, which literally means 'stretched tea', is a favourite local pick-me-up. To many Malaysians, nothing beats hanging out with friends at the Mamak's and talking over a glass of hot, frothy *teh tarik*. Preparing this special tea is both art and science. There is a certain skill required to stretch the tea back and forth using two containers without spilling a single drop. It is such an impressive art that annually, *teh tarik* brewers come together to put their skills to test in various competitions. The stretching of the tea actually helps to mix the ingredients better, thus enhancing its exquisite taste. The method also helps to cool the tea down.

Making *teh tarik* is both art and science.



Teh Tarik



Savoury Nyonya Dishes

The fusion of cultures in Malaysia has led to the birth of a unique race. The Baba and Nyonya community, generally known as Peranakan or Straits Chinese, assimilate the Malay way of life especially in terms of speech, dressing and cooking, while preserving the ancestral Chinese traditions. The colourful culture and customs of the Baba and Nyonya also has traces of Dutch, Portuguese, British, Indian and Indonesian influences.





The Baba & Nyonya Heritage Museum offers visitors a glimpse of the unique Peranakan history and culture.



The intricate Nyonya kebaya is now regarded as living art.

Over 600 years ago, Parameswara, the founder of Melaka, developed a close alliance with the Chinese Admiral Cheng Ho. When the Admiral visited Melaka, he encouraged his people to stay and marry the locals, resulting in the first generation of Peranakan people. The assimilation of cultures continued when the Chinese Princess, Hang Li Po was betrothed to Sultan Mansur Shah (the Fourth Sultan of Melaka) in 1459 AD as a tribute to the good diplomatic relations between Melaka and China. She brought with her an entourage who later settled in Bukit China (now the largest traditional Chinese cemetery outside of China). Over time, they mingled with and married the locals.

The Peranakan men are called Baba, while the ladies are known as Nyonya. Although the Peranakan people have adopted many Malay customs, their Chinese names, traditions and religious beliefs are preserved. Celebrations include Lunar New Year, Moon Cake Festival and ancestry worship, although some customs are more prevalent among the older generation. They also have developed their own unique dialect called Baba Malay, which is similar to Malay but has a nuance of Hokkien.

The attire of Nyonya ladies is known as *kebaya* – an elegant, figure-hugging blouse matched with a sarong. Although *kebaya* is traditionally worn by Malay ladies, the Nyonya version has distinct characteristics. They feature intricate embroidery which displays floral or mythical animal designs such as phoenix and dragons. These beautiful hand-made blouses are regarded as art pieces and are coveted for their elegance and feminine allure.

Nyonya cuisine, also called *Lauk Embok Embok* is one of a kind. This luxuriously flavoured fare is a marriage of Chinese cooking style with Malay

ingredients and condiments. The cooking method utilises a variety of spices, coconut milk, tamarind and *belacan*.

The Nyonya ladies are fiercely proud of their culinary heritage. Therefore, each dish is painstakingly prepared to perfection. There are distinct differences between the Penang and Melaka Nyonya cuisines. The former is influenced by Thai cooking, which results in tangy and more piquant dishes, while the latter is largely inspired by Malay and Indonesian styles of cooking. This makes the food taste sweeter, richer and spicier. Nyonya kuih or cakes, the best and most colourful among the kuih varieties, are also popular Malaysian desserts.

Peranakan crockery is as unique as the culture. Authentic ceramic bowls, China blue porcelains, ivory chopsticks and the multi-tiered Tiffin carriers (known as '*mangkuk tengkat*') are highly-priced antiques and are usually kept within the family as valuable heirlooms.

For a better understanding of the people and culture, do visit the Baba & Nyonya Heritage Museum in Melaka where visitors can see plenty of historical and cultural items such as the unique Baba and Nyonya furniture, ceramic ware, clothes, jewellery and utensils. To sample some authentic Nyonya cuisine, visit the various specialty restaurants that line up the Peranakan neighborhoods such as Gurney Drive in Penang and Jonker Street in Melaka. Nyonya cuisine is also available in Kuala Lumpur:



Ceramics and porcelain-ware are highly valuable antiques for the Peranakan community.



Fish Head Curry



Curry Chicken Kapitan

A distinct Nyonya fare, this spicy curry makes a great accompaniment to rice, *roti jala* (Malay lacy pancake) or *pulut kunyit* (glutinous rice cooked with turmeric). Just as any Nyonya main dish, *curry kapitan* is cooked with copious amounts of ingredients and spices, particularly tamarind. As the story goes, this dish got its name when a Dutch sea captain asked one of his Indonesian crew what is for dinner and the answer was 'Curry, Kapitan'.



Curry Chicken Kapitan

Ingredients :

1.5 kg	Chicken, cut into chunks
750 ml	Coconut milk
125 ml	Tamarind juice
1/2	Fresh coconut, grated
1 - 2.5cm	Cinnamon stick
5 tbsp	Vegetable oil
	Salt to taste

Dry spices :

2 tbsp	Coriander seeds
1 tsp	Nutmeg
2 tsp	Cumin seeds
1/4 tsp	Fenugreek seeds
1	Star anise, whole
2	Cardamom pods

Wet spices :

10	Dried chilies, seeded and soaked in warm water
4 cloves	Garlic, sliced
10 stalks	Shallots, sliced
1	Fresh turmeric, chopped
1	Fresh ginger, chopped
1	Belacan
	Fried onion flakes
	Fresh chillies, cut thinly

Method :

First, prepare the spice paste by grinding all the dry spices into powdered form, then mash the wet spices into a paste, adding the ground dry spices last. Heat wok and pan fry the grated coconut until it is lightly brown, then pound it in a mortar until it reaches the colour and consistency of brown sugar. This is called *kerisik*. Next, heat oil in a wok and sauté the spice paste until fragrant. Add in the chicken chunks and stir for about two minutes until the spices coat the chicken chunks. Pour in the coconut milk and tamarind water. Then add in the cinnamon stick and allow to simmer uncovered until the chicken is tender. Add in the *kerisik* and salt to taste and continue to cook until the gravy is thick. Serve in a large bowl, and garnish with fried onion flakes and chilli slices.



Ayam Pongteh

Ayam Pongteh

Ayam pongteh refers to chicken cooked with preserved soy bean paste, dark soy sauce, palm sugar and potatoes. The blend of ingredients gives it a combination of sweet and savoury taste. It is said that *ayam pongteh* tastes even better after being kept in the fridge for a day or two, as the chicken chunks become infused with the flavours of the gravy.

Assam Curry Garoupa

This is a dish that epitomises a typical Nyonya fare. From tangy to spicy, sweet to sour, this dish delights the taste buds with bursts of different flavours. A variety of ingredients are used to make the *assam curry* gravy. Among them are tangy tamarind juice, which enhances the taste of the fish. Other ingredients include shallots, garlic, galangal, candlenut, lemongrass, torch ginger, polygonum (*laksa leaf*), chilli, turmeric powder, *belacan* powder, chicken stock and sugar. *Assam curry garoupa* is best savoured with a steaming plate of rice.



Assam Curry Garoupa





Enche Kabin

Sometimes also spelled as *inche kabin*, this is a popular Penang Nyonya fare of Hainanese influence. It is deep-fried chicken marinated in spices and coconut milk. Back in the British colonial days, this fluffy, flavourful deep-fried chicken was served as a popular cocktail snack at parties and get-togethers. Today, the tender and juicy fried chicken is a favourite among all, especially children. It is excellent as a side dish for rice.

Enche Kabin

Ingredients :

1 kg Chicken wing (drummettes)

Spice paste as marinade :

5	Shallots, pounded
2 tsp	Chilli powder
1 tbsp	Coriander powder
1 tsp	Cumin powder
1 tsp	Fennel powder
1/2 tbs	Cinnamon powder
1/4 tbs	Clove powder
1 tsp	Turmeric powder
1 tsp	Ground black pepper
1 1/2 tsp	Salt
1 1/2 tsp	Sugar
50 ml	Thick coconut milk

Method :

Combine all the above, coat chicken well with the mix and set aside for at least half a day or preferably overnight in the fridge. When it is ready, deep fry in hot oil. Serve with your favourite sauce or dip.





A variety of Nyonya kuih

Bubur Cha Cha

Ingredients :

- 4 Small pieces of sweet potato, peeled and cut into cubes
- 1 Medium-sized yam, peeled and cut into cubes
- 2 cups Sugar
- 2 litres Water
- 3 Pandanus leaves (tear and tie into knots)
- 500 ml Thick coconut milk
- Pinch of salt
- Sago pearls (optional)

Method :

Pour water into a pot and bring to boil. Add in the pandanus leaves and boil for another five minutes. Then add in the sweet potato and yam cubes. Add sugar and stir until it dissolves. Pour in the thick coconut milk and salt. Once it is boiling, turn off the fire and leave it to cool.

Nyonya Kuih

The word *kuih* refers to an assortment of cakes, snacks or dumplings. Mention *kuih* and chances are that Nyonya *kuih* would come to mind. Eaten as a dessert or snack, Nyonya *kuih* is especially popular for its variety of colours, shapes and delicious taste. It is usually very sweet and starchy and made from ingredients such as glutinous rice flour, tapioca, yam, sweet potato, green pea flour, coconut, palm sugar and pandanus leaves. There is a wide array to choose from, but the favourites include *kuih angkoo* (an orange-coloured dumpling containing sweet nut paste), *kuih keria* (sweet potato doughnut glazed with sugar), *onde-onde* (little pandanus-flavoured balls containing melted palm sugar) and *kuih lapis* (layered steamed cake). Nyonya *kuih* is easily available at eateries and even from peddlers.

Bubur Cha Cha

A delicious and colourful dessert, this sweet porridge is made of sweet potato and yam cubes, cooked with thick coconut milk, sugar, pandanus leaves and sago pearls. It is one of Malaysia's most popular desserts. It can be eaten warm or cold, depending on personal preference.



Bubur Cha Cha

Enticing Portuguese Fusion

Centuries of European colonial conquests and intermarriages with the locals have given birth to a new community known as Malaysian Portuguese. The enticing fusion of the East and West is evident in many areas, such as customs, traditions, architecture, languages, arts and of course, cuisine.



Acar Ikan (pickled salted fish)



Porta de Santiago, or A' Famosa fort



Enclaves of the Malaysian Portuguese community can be found in the state of Melaka, particularly in the areas of Ujong Pasir and Tengker. Although modern and progressive, the Malaysian Portuguese are proud custodians of their customs and traditions.

The Portuguese settlement in Ujong Pasir is also the site of the famous Portuguese Square, dubbed 'Mini Lisbon'. It is where the Malaysian Portuguese community come together for fun and fiesta during festivals such as *Festa San Pedro* and *Festa San Juang*. Regular cultural shows are also held, displaying an array of colours and traditional costumes. One of the most interesting performances is the *Branyo*, a lively Portuguese dance.

Wherever you turn in Melaka, you will find remnants of the colonial era. Among the most famous is the A' Famosa fort, also known as *Porta de Santiago*. It is one of the only surviving Portuguese fortresses in Southeast Asia. Further away is the Dutch Square, a popular tourist spot with prominent landmarks such as the red-coloured Stadthuys and Christ Church.

Gain an insight into Melaka's amazing past at the Light & Sound Show in Dataran Pahlawan. It is an entertaining show that reenacts the history with lights and sound effects, as well as narrations.

Malaysian Portuguese speak a language known as Creole Portuguese. It is a mix of Portuguese, accented with Malay, Indian, Chinese, English and even Arabic words. Some Malaysian Portuguese fare have Malay names such as *laksa*, *satay goreng* (fried satay), *acar* (pickle), *assam*, *kobis gulung* (rolled cabbage) and *sambal*.

Just like their language, Malaysian Portuguese food is a mix between traditional Portuguese recipes, with traces of Dutch, British, and local ingredients. Influences of Malay, Chinese, Indian and Nyonya styles of cooking can also be seen.

Malaysian Portuguese have a liking for spicy food, particularly chilli. Their love for fiery food is evident in their most popular dish, the *curry debal* which is characterised to be searingly spicy due to the generous use of dried chillies.

Being largely a seafaring community, a culture that traces back to their Portuguese ancestry, the cuisine and condiments of the Malaysian Portuguese are mainly seafood-based. Among the popular dishes are *acar ikan* (pickled salt fish), *tuna mornay* (a baked tuna and cheese casserole), *prawn bastador*, and their signature *cincauluk* (fermented shrimp sauce).

Just like the Nyonya ladies, the Malaysian Portuguese women are tremendously proud of their culinary heritage and they tend to guard their recipes, which are regarded as family heirloom, zealously. So, if you ever come across a Portuguese restaurant or luckier still, are invited for dinner by a Malaysian Portuguese family, brace yourself for a fiery gastronomic adventure!

Branyo, the traditional Portuguese dance



Cincauluk, a fermented shrimp sauce. It has a distinct smell, but is tasty nonetheless!





Devil's Curry

Devil's curry, also called *curry debal*, is as hot and fiery as its name suggests. Cooked in a rich blend of spices with a liberal amount of chillies, this dish will spark up one's appetite and leave the taste buds tingling. In the Malaysian Portuguese community, this dish is usually served during Christmas feasts and on special occasions. And, they believe that it is not devil's curry until the one eating it breaks out in sweat. Now, that's one hell of a curry!

Devil's Curry

Ingredients :

1.5 kg	Chicken, cut into pieces
10	Fresh red chillies, cored, seeded and chopped
5 cm	Fresh ginger, chopped
6	Shallots, chopped
3 cloves	Garlic, chopped
1 tbs	Ground coriander
1/2 tsp	Ground turmeric
8	Candlenuts or cashew nuts
6 tbs	Vegetable oil
1 tsp	Black mustard seeds, lightly crushed
300 gm	Small potatoes, halved
2 tsp	Mustard powder
2 tbs	Rice vinegar
1 tbs	Dark soy sauce

Method :

Place chillies, ginger, chopped shallots and garlic, coriander, turmeric and nuts in a blender and mix into a paste. In a large wok or sauté pan, heat oil over medium high heat. Add sliced shallots and garlic and fry until lightly brown. Stir in spice paste and cook for about 5 minutes, stirring occasionally. Add mustard seeds, stir once or twice then add chicken. After the chicken is cooked, add potatoes and 550 ml of water. Bring to a boil, cover, and then leave it to simmer for 15 minutes. Stir together mustard, vinegar and soy sauce. Stir into pan, cover and cook for another 15-20 minutes, stirring occasionally, until chicken is tender.





Itik Teem

Itik teem is basically a salted vegetable and duck stew. Duck meat is cooked with pickled cabbage, sour plum, tamarind and tangerine peel. In the original *non-halal* recipe, this dish is made of pork legs or spare ribs and cooked with spices such as black pepper and star anise. Sherry or Snow Pear Wine is added to give it an extra zing.

Itik teem is sometimes regarded as Nyonya fare but when it comes to Melaka's cuisines, no one can really tell for sure as some dishes transcend cultural borders. Possessing a milder taste, *itik teem* is definitely a refreshing break from the regular hot and fiery Malaysian Portuguese fare. It is a special dish for both cultures, normally served during Chinese New Year reunion dinners in the Peranakan household, and Christmas in the Malaysian Portuguese home.

Chicken Vindaloo



Chicken Vindaloo

In the authentic Portuguese recipe, the main ingredient is pork, cooked with red wine and garlic. Over time, the recipe has been modified to suit local taste by substituting the pork with chicken, lamb or mutton. More ingredients and spices such as ginger, coriander, paprika and cumin are added, along with a potent amount of chillies. *Vindaloo* is very popular among Malaysians.

They are also in fact, a staple feature in Indian restaurants all over the world. This dish is strongly associated with Indian cuisine, particularly Goa, as Goa was a Portuguese colony.



Exotic Ethnic Fare

Sabah and Sarawak are splendid destinations to enjoy majestic natural attractions, unique cultures as well as rare flora and fauna. With a population that is diverse and colourful, the various ethnic communities of Sabah and Sarawak bring to the table an endless buffet of exotic culinary delights.



Kuih Cincin



Sago grubs are considered a delicacy in Sabah and Sarawak.



Located on the northeastern tip of Borneo, Sabah is home to more than 30 ethnic communities speaking 80 different dialects. Its landscape of vast virgin rainforests and rugged terrain is crowned by Mount Kinabalu, Malaysia's first UNESCO World Heritage Site. It stands majestically at 4,095.2 metres. The highlands around Mount Kinabalu produce the famous Sabah Tea.

The forests and national parks within Sabah are excellent mountain hiking and jungle trekking destinations and they are also well-known for their incredible biodiversity. These verdant rainforests boast a number of rare animals and botanical species including wild orchids, ferns, pitcher plants and Rafflesia, the world's largest flower. Nestled within the lush jungles is the famous Sepilok Orang Utan Rehabilitation Centre that provides an opportunity for visitors to see and learn about the great apes.

Scattered beyond the coasts of Sabah are breathtaking marine parks, boasting some of the best dive sites in the world. Its beautiful islands such as Sipadan, Mabul, Layang Layang, Lankayan and Kapalai, just to name a few, beckon tourists with clear, warm waters teeming with coral reefs, turtles and colourful fishes.

Visitors to Sabah can also enjoy an intriguing spectrum of culture, customs and cuisine. The largest ethnic group here is Kadazandusun. Every year, Tadau Kaamatan or the harvest festival is celebrated throughout Sabah on a grand scale. It is a delightful showcase of local music, food, costumes and cultures.

Sabah offers a variety of culinary delights that will tempt the taste buds of adventurous visitors. Delicacies include a sticky sago paste called *nantung* or *ambuyat* and *kelupis* made of glutinous rice. Besides rice, sago is also a staple food for the Kadazandusun people and no part of the sago

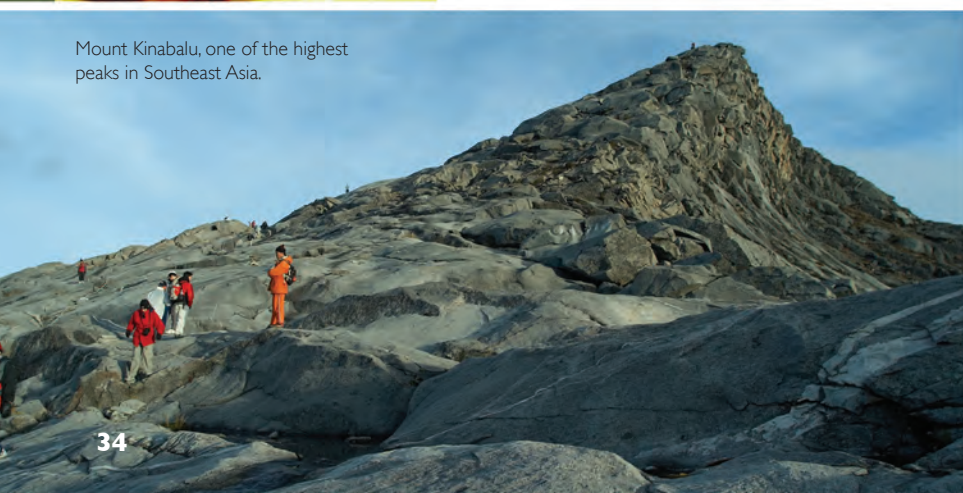
tree is spared, even the fat, wriggly, protein-rich grubs living in them. The sago grubs are called *butod* or *siat*, and are considered a highly-prized delicacy amongst the natives.

The Monosopiad Cultural Village, located just 13km from Kota Kinabalu provides visitors with a glimpse of the history, traditions and culture of the Kadazandusun people. Cooking demonstrations are also held here, giving visitors an opportunity to savour exotic dishes and learn about indigenous specialties. Places such as the Heritage Village and Sabah State Museum exhibit replicas of traditional houses found throughout Sabah, complete with their kitchenware and herb gardens. Don't miss a trip to the Rungus Longhouse where visitors will be introduced to the lifestyle and interesting cuisine of the Rungus people.

Wild fruits and ferns from the jungle play an important role in the local fare. The wild mango found abundant in Sabah is called *bambangan* and it is the essential souring ingredient in *hinava*, a local raw fish salad. Other must-try items include the unique red-fleshed durian, which is said to be found only in Sabah, as well as Sabah Veggie. Most of these fresh produce can be found in a *tamu* or open-air market.

Other local favourites include *amplang* or fish crackers, *kuih cincin*, a local ring-like biscuit with palm sugar filling, as well as the aromatic local coffee, Tenom Coffee.

Mount Kinabalu, one of the highest peaks in Southeast Asia.



Tamu offers fresh jungle produce.



Mee Tuaran

Mee Tuaran is a popular hawker dish in Sabah. What's special about this dish is that its noodles are made from egg yolk and flour which, when fried, produces a certain aroma and texture. This simple noodle meal is usually topped with a hearty garnishing of roasted pork or chicken and local greens such as *sawi* (mustard green).

Hinava

Similar to the Chinese *yee sang*, *hinava* is a specialty of the Kadazandusun community in Sabah. It is made of slivers of mackerel (*tenggiri*), chillies, shredded ginger and slices of shallots, sprinkled with lime juice and a special ingredient - grated seeds of wild mango that is indigenous to Sabah - called *bambangan*. It is the citric acid from the lime that actually helps to 'cook' the fish.

Ambuyat

Ambuyat, sometimes also called *nantung*, is a thick gluey porridge made of sago, tapioca or rice. The sticky mass is rolled or twirled around a chopstick, and dipped in a tasty sauce. It is a favourite among the Kadazan and Murut people of Sabah and the Bisaya of Sarawak.

Kelupis

Kelupis is a delicious traditional dish of the Kedayan community in Sabah. It is made of glutinous rice, wrapped in fragrant leaves called *daun nyirik* and cooked in coconut milk. Said to taste like *lemang*, *kelupis* goes well with *rendang* and curry.

Hinava

Mee Tuaran

Ambuyat

The colourful Kek Lapis is a work of art.



The largest state in Malaysia, Sarawak is an excellent destination to enjoy nature, adventure and culture. Sarawak is endowed with a vast expanse of tropical rainforest within which abides an abundant and unique ecosystem. It is a land filled with meandering rivers, cascading waterfalls and mystical caves. Sarawak is also home to more than 40 ethnic communities, each with their own language, lifestyle, food and traditions.

Visitors to Sarawak can enjoy a variety of unforgettable adventures. One can choose to go caving, jungle trekking or mountain biking. A visit to the many national parks offer the opportunity to witness rare and unique attractions. The magnificent Gunung Mulu National Park, a UNESCO World Heritage Site, houses several extensive limestone caves. The most impressive is the Sarawak Chamber, the biggest cavern in the world, which can accommodate several Boeing aircrafts! Other interesting activities include observing orang utans at the Semenggoh Orang Utan Rehabilitation Centre, bird-watching at Bako National Park or exploring Niah Caves, the archaeological site of 40,000 year-old human remains.

If a leisure holiday is what visitors choose, Kuching city offers a number of interesting sights. The Kuching Waterfront, Sarawak Museum and the Main Bazaar shopping area are among the must-visit spots. The award-winning Sarawak Cultural Village, situated at the foothills of the legendary Mount Santubong, is a one-stop destination to explore the state's rich cultural diversity. Traditional dwellings, costumes, Pua Kumbu (a textile made by the Iban community), woodcarvings and traditional cakes are among the attractions here.

Visitors who are keen to explore the culinary delights will find an assortment of irresistible dishes, offering delightful surprises and unique tastes. Tuck into a steaming bowl of noodle dishes

such as *laksa Sarawak*, *mee sua* and *mee kolok* at the city restaurants. Beyond the bustling cities, a range of exotic dishes that are not commonly found in restaurants whet the appetite. Take your pick from bamboo clams called *ambal*, *manok pansoh* (chicken cooked in bamboo) or *umai* (a raw fish salad). For a taste of special homemade entrées, a homestay programme is strongly recommended.

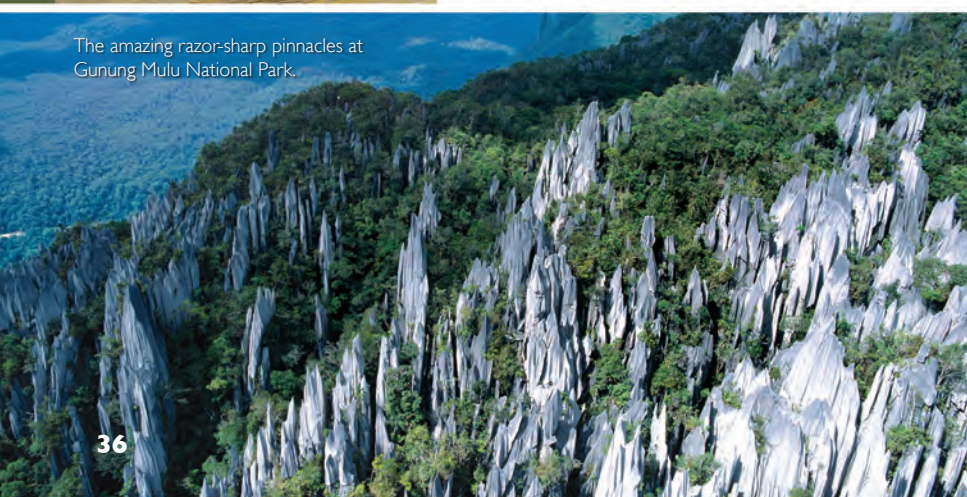
A specialty in Sarawak is the fragrant highland rice called *beras Bario*. It has long been regarded as one of the finest in the world. The rice is so special and expensive that it is only eaten by the long house chief during special occasions. Another specialty is *tuak*, a rice wine that is popular during the Gawai Dayak Harvest Festival.

Sarawak is famous for *tabaloi*, a sweet biscuit made of desiccated coconut, sago and sugar. It can be found at almost any shop or bazaar.

Visitors should not miss an opportunity to try the famous Sarawak layer cake or *kek lapis*. It is regarded as edible works of art for its colourful, intricate pattern and the patience required to make it. Although expensive, (a cake can easily fetch up to RM150.00 depending on the layers and design) they are a common feature in a Malay household during Hari Raya Aidilfitri.

Bubur pedas, a spicy porridge and *Midin*, a local fern, are among other local favourites.

The amazing razor-sharp pinnacles at Gunung Mulu National Park.



At the Sarawak Cultural Village, visitors can witness the making of intricate textiles such as Pua Kumbu.



Laksa Sarawak

Sarawak's signature dish, *laksa Sarawak*, is a very popular fare and is easily available in most eateries. It is unlike any *laksa* or noodle dish found anywhere else in Malaysia. Its thick gravy is not made of fish or prawns, but offers an interesting combination of coconut milk, candlenut, chilli, garlic, tamarind, *belacan* and ground coriander. The tasty gravy is generously poured over a bowl of *beehoon* (rice vermicelli) and topped with prawns, shredded chicken, sliced omelette, bean sprouts, and chopped Chinese celery. It is usually served with roasted chilli *sambal*. This dish is affordably priced, but definitely rich in flavour.

Laksa Sarawak

Ingredients :

350 gm	Sarawak <i>laksa</i> paste
2 ltrs	Chicken stock
250-300 ml	Thick coconut milk
400 gm	Vermicelli

Toppings :

50 gm	Bean sprouts, blanched
100 gm	Chicken breast fillet, cooked and shredded
5	Large prawns, cooked and shelled

Garnishing :

2 eggs, made into an omelette and shredded
2 stalks of coriander leaves, chopped
3 calamansi (<i>limau kasturi</i>) limes, halved

Method :

For the gravy, boil the *laksa* paste in chicken stock for 15 minutes. Strain into a pot. Add the coconut milk and stir until it is well mixed. Season with salt and sugar to taste. Then, soak the vermicelli in hot water until soft. Place noodles in a bowl and add the toppings in the order listed. Pour the hot *laksa* gravy over. Garnish with the shredded omelette, coriander and lime halves. Serve hot with chilli *sambal*.



Manok Pansoh



Manok Pansoh

The Ibanese *manok pansoh* or bamboo chicken is a dish made from pieces of chicken stuffed into a hallowed bamboo together with other ingredients such as mushrooms, lemongrass and tapioca leaves. It is cooked with rice wine (optional) over an open fire. This healthy and natural way of cooking helps to retain all the flavours and natural goodness of the meat, while infusing the gravy with the delicate aroma of lemongrass and bamboo.

Mee Kolok

Most of the noodle dishes in Sarawak such as *laksa* and *mee kolok* were first introduced by the Chinese. Resembling the popular dry *wantan* noodle, *mee kolok* features blanched dry egg noodles which look like *ramen*. It is tossed in lard and light soy sauce and topped with shredded meat, particularly pork, or chicken for a *halal* fare. It can be savoured at any time of the day.

Mee Kolok



Umai

Umai is a traditional *Melanau* dish. This tangy, savoury salad consists of raw fish, finely sliced onions and chilli, sprinkled with black pepper, salt and lime or tamarind juice. It is usually eaten with sago pearls or toasted sago. Traditionally, the *Melanau* fishermen of Sarawak take *umai* out to sea as their lunch. But nowadays, one can easily find this dish in local restaurants or hotels in Sarawak.

Umai



Useful Information

This section provides comprehensive information on the popular places to dine, the various types of cooking classes available in the country as well as other necessary details to make a visit to Malaysia smooth and enjoyable.



Eating Out



There is a wide range of dining options in Malaysia. From exclusive restaurants to casual open-air eateries, visitors will find an endless array of places that will titillate their taste buds.

KUALA LUMPUR

Malay

Aseana Café Bar
G 15, Ground Floor, Suria KLCC
Kuala Lumpur City Centre
50888 Kuala Lumpur
Tel : 03-2382 0395

Bijan Restaurant
No. 3 Jalan Ceylon, 50200 Kuala Lumpur
Tel : 03-2031 3575

Enak Kuala Lumpur
LG2, Lower Floor, Starhill Gallery
181 Jalan Bukit Bintang, 55100 Kuala Lumpur
Tel : 03-2141 8973

Verendah Restaurant
Carcosa Seri Negara, KL Lake Gardens
Persiaran Mahameru, 50480 Kuala Lumpur
Tel : 03-2282 1888

Kafe Ole
Holiday Villa Kuala Lumpur
225, Jalan Ampang, 50450 Kuala Lumpur
Tel : 03-2179 9000

Kelantan Delights
Level 1, Sooka Sentral
Jalan Stesen Sentral 5
50470 KL Sentral, Kuala Lumpur
Tel : 03-2785 1945

Nelayan Floating Restaurant
Titiwangsa Lake Gardens
Jalan Temerloh, Kuala Lumpur
Tel : 03-4022 8400

Rebung
Lorong 4-2, Lorong Maarof
Bangsar Park, 59100 Kuala Lumpur
Tel : 03-2283 2119

Baiti's Authentic Malay Cuisine
36, Persiaran Zaaba
Taman Tun Dr. Ismail, Kuala Lumpur
Tel : 03-7729 9918

Riverside Café
Level 2, Menara Dato' Onn
Putra World Trade Centre
45, Jalan Tun Ismail, 50746 Kuala Lumpur
Tel : 03-2614 6261 / 6262

Saloma Theatre Restaurant
Malaysia Tourism Centre (MaTiC)
139, Jalan Ampang, 50450 Kuala Lumpur
Tel : 03-2161 0122

Ibunda Fine Dining
251, Jalan Bukit Bintang, 55100 Kuala Lumpur
Tel : 03-2148 8488 / 2142 4115

Seri Angka Revolving Restaurant
TH02, Kuala Lumpur Tower
Jalan Puncak, off Jalan P. Ramlee
50250 Kuala Lumpur
Tel : 03-2020 5444 / 2145 1833

Seri Melayu
1, Jalan Conlay, 50450 Kuala Lumpur
Tel : 03-2145 1811 / 1833

Restoran Rasa Utara
Berjaya Times Square
1, Jalan Imbi, 55100 Kuala Lumpur
Tel : 03-2145 4868

Chinese

Ah Yat Abalone Forum
M678, Mezzanine, Floor Avenue K
156, Jalan Ampang, 50450 Kuala Lumpur
Tel : 03-2166 3131

Chef Choi
159, Jalan Ampang, 50450 Kuala Lumpur
Tel : 03-2163 5866
www.chefchoi.com.my

Chef Rasa Sayang
104-106, Jalan Imbi, 55100 Kuala Lumpur
Tel : 03-2144 1193

Chinatown Pavilion
25 & 27, Jalan Hang Lekir
50000 Kuala Lumpur
Tel : 03-2070 9284

Celestial Court
Sheraton Imperial, Level 3
Jalan Sultan Ismail, 50250 Kuala Lumpur
Tel : 03-2717 9988

Chuai Heng Restaurant
231, Jalan Bukit Bintang
55100 Kuala Lumpur
Tel : 03-2141 5666

Chynna
Hilton Kuala Lumpur
3, Jalan Stesen Sentral
50470 Kuala Lumpur
Tel : 03-2264 2264 / 2515

Lai Po Heen
Mandarin Oriental
Kuala Lumpur City Centre (KLCC)
50088 Kuala Lumpur
Tel : 03-2179 8885

Shang Palace
Shangri-La Hotel Kuala Lumpur
11, Jalan Sultan Ismail, Kuala Lumpur
Tel : 03-2074 3904

Si Chuan Dou Hua
Lower Lobby, Parkroyal Kuala Lumpur
Tel : 03-2782 8303

Tai Thong Grand Restaurant
Lot 26, 10074-10076A
Section 46, Jalan Ampang
50450 Kuala Lumpur
Tel : 03-2161 9188

Tai Thong Grand Restaurant
Ground Floor, Odeon Club
Jalan Ambong Kanan 1
Kepong Baru, 52100 Kuala Lumpur
Tel : 03-6257 7918

Toh Lee Restaurant
1st Floor, Hotel Nikko Kuala Lumpur
165, Jalan Ampang
50450 Kuala Lumpur
Tel : 03-2161 1111 / 2782 6128

Zenith (Halal Chinese)
Block B, 3-LG-1, Megan Salak Park
Jalan 1/125E, Taman Desa Petaling
Kuala Lumpur
Tel : 03-9056 3668

Nyonya

Nyonya Colours
Lower Ground Floor
The Gardens, Mid Valley City
Kuala Lumpur
Tel : 03-2287 0087

Mama Sayang Vegetarian Nyonya Restaurant
No. 21, Jalan Desa
Off Old Klang Road
58000 Kuala Lumpur
Tel : 03-7784 6651

Precious Old China Restaurant and Bar
Lot M2, Central Market
Jalan Hang Kasturi, 50050 Kuala Lumpur
Tel : 03-2273 7372

Indian

Annalakshmi (Vegetarian)
The Temple of Fine Arts
114-116, Jalan Berhala, Brickfields
50470 Kuala Lumpur
Tel : 03-2272 3799

Bombay Palace
215, Jalan Tun Razak, 50450 Kuala Lumpur
Tel : 03-2145 4241

Chutney Mary Restaurant and Bar
21-G, Jalan Telawi 2
Bangsar, Kuala Lumpur
Tel : 03-2282 9923

Sri Ananda Bahwan Restaurant
No. 26, Jalan Bangsar Utama 1
Bangsar Utama, 59100 Kuala Lumpur
Tel : 03-2284 4170

Malabar Palace

Hartamas Shopping Centre
60, Jalan Sri Hartamas, 50480 Kuala Lumpur
Tel : 03-6201 0792

Passage Thru' India

235, Jalan Tun Razak, 55100 Kuala Lumpur
Tel : 03-2145 0366

Saravana Bhavan (Vegetarian)

52, Jalan Maarof, Bangsar, 59100 Kuala Lumpur
Tel : 03-2287 1228 / 1229

Saravana Bhavan (Vegetarian)

No. 196, Jalan Tun Sambanthan
50470 Brickfields, Kuala Lumpur
Tel : 03-2260 3755

Spice Garden Imperial

205, Jalan Bukit Bintang, 55100 Kuala Lumpur
Tel : 03-2142 2220

Sangeetha Vegetarian Restaurant

Palace Hotel
40-46 Jalan Masjid India, Kuala Lumpur
Tel : 03-2694 4233

Sangeetha Vegetarian Restaurant

No. 65, Lebu Ampang, 50100 Kuala Lumpur
Tel : 03-2032 3333

Sri Nirwana Maju Restaurant

No. 43, Jalan Telawi 3, Bangsar Baru
59100 Kuala Lumpur
Tel : 03-2287 8445

Mamak

Kg. Pandan Restaurant

No. 42B, Jalan Thever, Kampung Pandan
55100 Kuala Lumpur
Tel : 03-9284 5837

Maju Curry House

Jalan Mega Mendung
off Jalan Klang Lama, Kuala Lumpur

Nasi Kandar Pelita Restaurant

No. 149, Jln. Ampang, 50450 Kuala Lumpur

Pulau Pinang Kayu Nasi Kandar Restaurant

No. 86-I, Jln Burhanudin Helmi
Taman Tun Dr. Ismail
60000 Kuala Lumpur
Tel : 03-7725 4767 / 3767

Restoran Insaf

116, Jln. Tuanku Abdul Rahman
50100 Kuala Lumpur
Tel : 03-2693 9737

Syed Restaurant

No. 44, Persiaran Ara Kiri
Bangsar, 59100 Kuala Lumpur
Tel : 03-2093 3786

SELANGOR

Malay

Bayu Timor Restaurant

13, Jalan SS24/8, Taman Megah
47301 Kelana Jaya, Selangor
Tel : 03-7804 6436

Chili Padi Restaurant

No. 47, Ground Floor, Jalan I
Street 11 6D, Jalan Kuchai, 58200 Selangor
Tel : 03-7984 0928

Kafe Bawang Merah

12A, Jalan SS12/1A, Subang Jaya
47500 Selangor
Tel : 03-5621 6100

The Malay Tea House

Forest Research Institute of Malaysia (FRIM)
52109 Kepong, Selangor
Tel : 03-6280 3503

Chinese

Canton-i Restaurant

G-208, Ground Floor
I Utama Shopping Centre
Bandar Utama, Petaling Jaya, Selangor
Tel : 03-7729 7888

Cheng Ho Court

Mines Wellness Hotel
Jalan Dulang, Seri Kembangan
43300 Selangor
Tel : 03-8943 6688 ext : 1311

Fatty Crab

SS24/13, No. 2, Taman Megah
Petaling Jaya, 47301 Selangor
Tel : 03-7804 5758

Guan Di Cantonese Cuisine

No. 19, Jalan PU 5/12
Dataran Sunway, Kota Damansara
Petaling Jaya, Selangor
Tel : 03-6140 7755

Overseas Restaurant

84-88, Jalan Imbi, 55100 Kuala Lumpur
Tel : 03-2144 9911

Overseas Restaurant

Plaza Armada, Lot 28, Ground Floor
Lorong Utara C, Selangor
Tel : 03-7956 1029

Overseas Restaurant

G1-4, Ground Floor, Subang Parade
No. 5, Jalan SS16/1, Subang Jaya, Selangor
Tel : 03-5632 6676

Nyonya

Bibiwok Restaurant

16, Jalan Persiaran Puteri I
Bandar Puteri, Puchong, Selangor
Tel : 03-8060 7659

Indian

Saravanaa Bhavan (Vegetarian)

7, 52/2, Jalan Sultan
76200 Petaling Jaya, Selangor
Tel : 03-7954 1755

Gem Restaurant

No. 3, Jalan Gasing
46000 Petaling Jaya, Selangor
Tel : 03-7783 4345

The Lotus Family Restaurant

No. 13 & 15, Jalan Gasing
46000 Petaling Jaya, Selangor
Tel : 03-7782 8795

Mamak

Syed Restaurant

No. 13 & 15, Jalan Barat
Petaling Jaya, Selangor
Tel : 03-7955 5753

PUTRAJAYA

Malay / Chinese

Putrajaya Seafood

Taman Botani Putrajaya
Precinct 1, 62000 Putrajaya
Tel : 03-8889 1188

Samudera

No 2, Jalan P8, Putrajaya Lake Club
Precinct 8, 62250 Putrajaya
Tel : 03-8889 5008

MELAKA

Malay

Restoran Lot 85

Jalan Putri Hang Li Po
Durian Daun, 75400 Melaka
Tel : 06-292 2045 / 019-650 5500 /
019-207 5785

Asam Pedas Selera Kampung

G2, Jalan PM 3
Mahkota Square, 75000 Melaka
Tel : 06-283 5516

Café Botanikal

Taman Botanikal Melaka
Lebuh Ayer Keroh, Hang Tuah Jaya
75450 Ayer Keroh, Melaka
Tel : 06-232 3318

Restoran Lot 85

Lot 85, Jalan Hang Li Poh
Durian Daun, 75400 Melaka
Tel : 06-292 2045 / 284 8685

Chinese

Ban Lee Siang

45E, Jalan Ong Kim Wee, Melaka
Tel : 06-284 1935

Deocean Restaurant

174, Jalan Laksamana Cheng Ho
75000 Melaka
Tel : 06-284 3333

Bei Zhen Restaurant

No. 16 & 18, Jalan Melaka Raya 23
Taman Melaka Raya, 75000 Melaka
Tel : 06-281 2684

Famosa Chicken Rice Ball

No. 28 - 30, Jalan Hang Kasturi
Off Jonker Street, 75200 Melaka
Tel : 06-286 0121

Nyonya

Nyonya Makko Restaurant

123, Taman Melaka Raya, 75000 Melaka
Tel : 06-284 0737

Restoran Bibik Neo

No. 6, Ground Floor, Jalan Merdeka
Taman Melaka Raya, 75000 Melaka
Tel : 06-281 7054

Restoran Ole Sayang

198 & 199, Taman Melaka Raya
75100 Melaka
Tel : 06-283 1966

Restaurant Peranakan

107, Jalan Tun Tan Cheng Lock
75200 Melaka
Tel : 06-284 5001

Seri Nyonya Restaurant

Equatorial Hotel
Bandar Hilir, Melaka
Tel : 06-282 8333

Nancy's Kitchen

No. 6, Jalan Hang Jebat
75200 Melaka
Tel : 06-283 6099

Amy Heritage Nyonya Cuisine

75, Jalan Melaka Raya 24
Taman Melaka Raya, 75000 Melaka
Tel : 06-286 8819

Restoran The Seafarer

1516, Batang Tiga
Tanjung Kling, 76400 Melaka
Tel : 06-315 2693
Website : www.boatexplorer.com.my

Malaysian Portuguese

De Lisbon

No. 18, Medan Portugis
Perkampungan Portugis
Hujung Pasir, 75050 Melaka
Tel : 012-661 3188

Honky Tonk Heaven Café

68, Lorong Hang Jebat
Jonker Street, Melaka
Tel : 017-635 4627

Restoran Portugis

12, 14, 16 & 20
Jalan Melaka Raya 20
Taman Melaka Raya, 75000 Melaka
Tel : 06-282 4100

Papa Joe Restaurant

18/B, Lot 2
Medan Portuguese
Kampung Portuguese, 75050 Melaka
Tel : 019-628 4758

Indian

Restoran D'Tandoori House

273, Tmn Melaka Raya, 75000 Melaka
Tel : 06-282 9262

Selvam Restaurant

3, Jalan Temenggong
Melaka Tengah, 75000 Melaka
Tel : 06-281 9223

Sri Lakshmi Villas Restaurant

2, Jln Bendahara, 75100 Melaka
Tel : 06-282 4926

Restoran Saravanna

18, Jalan Bendahara, 75100 Melaka
Tel : 06-283 0295

Seafood

Medan Ikan Bakar Anjung Muara

KM 4-5, Jalan Padang Temu
Permatang Pasir, 75460 Melaka

Perkampungan Ikan Bakar Terapung

No. 11, Perkampungan Ikan Bakar Terapung
Umbai Baru, 77300 Melaka

PENANG

Malay

Rose Restaurant

6 & 7 Jalan Kelawai, 10350 Penang
Tel : 04-227 9277

CRC Restaurant

Jalan Padang Victoria, 10400 Penang
Tel : 04-228 9787 / 229 9155 / 228 3787

Chinese

Ang Hoay Lor

Jalan Brick Kiln, Penang
Tel : 04-262 4841

Evergarden

Evergreen Laurel Hotel
53, Persiaran Gurney, 10250 Penang
Tel : 04-226 9988

Feringhi Garden Restaurant

34-C, Batu Ferringhi, George Town
11100 Penang
Tel : 04-881 1193

Golden Phoenix

Hotel Equatorial Penang
1, Jalan Bukit Jambul
Bayan Lepas, 11900 Penang
Tel : 04-632 7000 / 7900 / 644 8111

Nyonya

Hot Wok

124-E & F, Jalan Burmah, Penang
Tel : 04-227 3368

Indian

Sri Ananda Bahwan Restaurant

Multi Cuisine Garden Restaurant
No. 14, Jalan Tanjung Bungah
11200 Penang
Tel : 04-890 9771

Passions of Kerala

102, Lot C3, New World Park
Jalan Burmah, 10050 Penang
Tel : 04-227 2550

Hawker Food (Variety)

Gurney Drive (Persiaran Gurney)

Penang
(Street food and hawker fare)

NEGERI SEMBILAN

Malay

Aunty Aini's

Kampung Chalet
71800 Nilai, Negeri Sembilan
Tel : 06-799 1276

Hard Wood Cafe

60, Lot 48, Persiaran S2B2
70300 Seremban 2, Negeri Sembilan
Tel : 013-350 6687

Restoran Nelayan

Wisma Perisai, PT 970
Perisai Wira, Jalan Zaaba
70100 Seremban, Negeri Sembilan
Tel : 06-761 1190 / 0741

Restoran Wadi Ar-Rhuda

No. 1, Jalan 1, Taman Sri Rahang
70100 Seremban, Negeri Sembilan
Tel : 019-350 8426

Restoran Sri Perpatih

NO. 4, Jalan Angkasa Jaya
Taman Bkt. Pilah Perdana
72000 Kuala Pilah, Negeri Sembilan
Tel : 019-651 3429 / 019-669 4599

Chinese

Xinjiang Court

Klana Resort Seremban
PT 4388, Jalan Penghulu Cantik
Seremban, 70100 Negeri Sembilan
Tel : 06-762 7888

PERAK

Malay

Doli Taiping Restaurant

No. 5, Regat Tupai, Taiping, Perak
Tel : 05-841 0525 / 016-553 8025

Mee Rebus Ramli Restaurant

No. 767, Jalan Kuala Kangsar
31400 Ipoh, Perak
Tel : 05-547 2026 / 012-517 3595

Mee Banjir Udang Mak Teh

Batu 91/4, Kg. Tebuk
Jalan Madang
34750 Matang, Taiping, Perak
Tel : 05-858 2270

Restoran Simpang Tiga

DG, Greentown Square,
Jalan Dato Seri Ahmad Said
30450 Ipoh, Perak
Tel : 05-255 1220

Chinese

Laksamana Cheng Ho Restaurant

No. 137, Jalan Sultan Abdul Jalil
Greentown
30450 Ipoh, Perak
Tel : 05-542 1300 / 012-517 5274

Taugeh Ayam Restaurant

No. 49, Jalan Yau Tet Shin
30000 Ipoh, Perak
Tel : 012-501 8384

Foh San Dim Sum

No. 51, Jalan Leong Sin Nam
30300 Ipoh, Perak
Tel : 05-254 0308

Repulse Bay Café

31, Persiaran Greentown 7
Pusat Perdagangan Greentown
30450 Ipoh, Perak
Tel : 05-242 9799

Indian

Pakeeza Restaurant & Catering

No. 15 - 17, Jalan Dato' Seri Ahmad Said
30450 Ipoh, Perak
Tel: 05-241 4243

The Lotus Family Restaurant

No. 38, Medan Istana Bandar
Ipoh, Perak
Tel : 05-241 9139

Sri Ananda Bahwan Restaurant

No. 7, 9 & 11, Persiaran Biji Timah
(Little India)
30000 Ipoh, Perak
Tel : 05-253 9798

Mamak

Nasi Lemak Nashmir

Taman Persiaran
Ipoh Riverfront
Jalan Sultan Iskandar Shah
33000 Ipoh, Perak
Tel : 05-242 1639 / 017-479 8291

Restoran Naiz Ali

No. 15 - 17, Jalan Dato' Seri Ahmad Said
30450 Ipoh, Perak
Tel : 05-255 5840 / 012-518 8884

Nyonya

1919 Restaurant and Gallery

No. 1, Jalan Medan Ipoh 6
Bandar Baru Medan Ipoh
31400 Ipoh, Perak
Tel : 05-547 7196

KELANTAN

Malay

Restoran Hover

Jalan Dato' Pati
19630 Kota Bharu, Kelantan
Tel : 09-748 1439

Yati Ayam Percik & Nasi Kerabu

847, Jalan Long Yunus
15200 Kota Bharu, Kelantan
Tel : 09-747 9867

Chinese

Restoran Sri Chengmai

Lot 327 & 328
15000 Kota Bharu, Kelantan
Tel : 09-741 8328

Restoran New Horizon Garden

Jalan Kuala Krai
15150 Kota Bharu, Kelantan
Tel : 09-744 7177

Restoran Jee Leong

3376-B, Jalan Gajah Mati
15000 Kota Bharu, Kelantan
Tel : 09-748 4979

Restoran Food Village

Lot 1184, Kampung Baung
Jalan Pengkalan Chepa
16100 Kota Bharu, Kelantan

Indian**Meena Restoran**

3377, Jalan Gajah Mati
15000 Kota Bharu, Kelantan

Mamak**Restoran Ali Khan**

2852 Jalan Ismail
15050 Kota Bharu, Kelantan

Restoran Mamak Spicy Specials

Lot 27, Seksyen 20 Wakaf Siku
Jln Sultan Yahya Petra
15200 Kota Bharu, Kelantan

PERLIS**Hai Thien Seafood Restaurant**

Jalan Jeti Baru
02000 Kuala Perlis, Perlis
Tel : 04-985 5149

**Laksa Beras Asli dan Segar
Kak Su dan Pak Uda**

Jalan Siakap
Tel : 012-550 0365

Restoran Pokok Sawa

Kampung Kerisik, Mata Ayer
02500 Mata Ayer, Perlis
Tel : 04-938 1778 / 019-622 7516

Sri Padani Seafood Restaurant

No. 17, 19, 21, 23, 25
Lorong Satu, Taman Perlis
01000 Kangar, Perlis
Tel : 04-977 4296

Teratai Putih Restaurant

No. 2, Lorong Teratai, Kg Kolam
02100 Padang Besar (U), Perlis
Tel : 04-949 3549

Tok Mek Restaurant

Batu 9, Jalan Kaki Bukit
01000 Kangar, Perlis
Tel : 019-540 3993 / 019-448 3993

JOHOR**Malay****Kedai Makan Rahmat**

No. 3, Jalan Pantai, Kg. Pasir Putih
81700 Pasir Gudang, Johor
Tel : 07-271 1770

Nasuha Herbal Restaurant & Spa

KM 19, Jalan Muar - Pagoh
84500 Muar, Johor
Tel : 06-973 7231 / 973 7035

Restoran Singgah Selalu

Lot 36 D, E, F, Jalan Skudai
80200, Johor Bahru, Johor
Tel : 07-235 2233 / 237 7255

Restoran Anjung Warisan

D/A Taman Seni Budaya Negeri Johor
296-A, Jalan Petri, 80100 Johor Bahru, Johor

Banafee Village

Lot 9022, Jalan Dato' Abdullah Tahir
80300 Johor Bahru, Johor
Tel : 07-333 3377
Website : www.banafeevillage.com

Malay Village Restaurant

No. 9A, Jalan Kolam Air
80100 Johor Bahru, Johor
Tel: 07-221 1221
Website: malayvillagerestaurant.blogspot.com

LC Catering

No. 340, Jalan Balalu 1, Taman Melodies
80250 Johor Bahru, Johor
Tel : 07-335 7355
Website : www.lc-catering.com

Chinese**Kai Xuan Chinese Restaurant**

Puteri Pacific Johor Bahru
Jalan Abdullah Ibrahim
80730 Johor Bahru
Tel : 07-219 9999

Kluang Rail Coffee

Stesen Keretapi
86000 Kluang, Johor
Tel : 012-728 8802

Kluang Rail Coffee

20 & 21, Jalan Tasik 1
Pusat Kemajuan Tasik Kluang
Kluang, Johor
Tel : 07-773 8391

Kluang Rail Coffee

(in front of Kluang Parade)
No. 33, Jln. Manggis, Kluang, Johor
Tel : 07-771 0853

Restoran Grand Straits Garden

No. 3, Jln. Persiaran Danga
Kawasan Danga Bay
81200 Johor Bahru, Johor
Tel : 07-234 9799 / 238 8118

TERENGGANU**Malay****Di Atas Sungai**

Tanjung Jara Resort
Batu 8 off Jalan Dungun
23000 Dungun, Terengganu
Tel : 09-845 1100

Paradise Deluxe Restaurant

543, Jalan Bukit Besar
21100 Kuala Terengganu, Terengganu
Tel : 09-631 1118

Restoran Mat Binjai

1081Q, Jalan Sultan Sulaiman
20000 Kuala Terengganu, Terengganu
Tel : 09-631 0946

Selera Timur 2

Jalan Hiliran Masjid
21000 Kuala Terengganu, Terengganu
Tel : 09-623 1902 / 623 4025

Chinese**Tong Juan Restaurant**

K117 Jalan Sulaimani
Chukai, Kemaman, Terengganu

Good Luck Restaurant

11Y, Ground Floor, Jalan Kota Lama
20300 Kuala Terengganu, Terengganu

Restoran Tian Kee

No. 136/2
Jalan Sultan Zainal Abidin, Terengganu
Tel : 09-622 4375

Indian**Kari Asha Restaurant**

No. 1- H, Jalan Air Jerneh
20300 Kuala Terengganu, Terengganu
Tel : 09-622 008 / 623 2469
Fax : 09-626 6708

PAHANG**Malay****Restoran R & R**

(Rahman & Rabina)
No. 54, Jalan Besar
25000 Kuantan, Pahang
Tel : 019-989 1384 / 019-989 1642

New Horizon Garden

A21-23, Lorong Tun Ismail 12
Sri Dagangan 2
25000 Kuantan, Pahang
Tel : 09-516 3555

**Akob Patin House**

Tapak PCCL, Jalan Besar
25000 Kuantan, Pahang
Tel : 019-987 4463

Ana Ikan Bakar Petai

Kg Tanjung Lumpur
Kuantan, Pahang
Tel : 019-987 8155

Restoran Seri Suria

M.S. Garden Hotel Kuantan
Lot 5 & 10
Lorong Gambut off Jalan Beserah
25300 Kuantan, Pahang
Tel : 09-517 7899

Restoran Zaman

Lot 1-3811, Km 14
Jalan Gambang, Kuantan, Pahang

Terminal Satay Zul

A 2600, Jalan Alor Akar
25250 Kuantan, Pahang

Wak Sofian

No. 38, Jalan Besar
25000 Kuantan, Pahang

Gerai Pak Usop

Gerai MPT Lurah Semantan
Temerloh, Pahang

Kampung Daun

Pantai Taman Gelora
Kuantan, Pahang

Gerai Kak Ita Char Kuay Teow

Jerantut
Tel : 019-961 1106

Chinese**Alor Akar Seafood Restaurant**

Lot 7695 - 7696
Jalan Kubang Buaya off Jalan Beserah
25300 Kuantan, Pahang
Tel : 09-568 0720

Lee Yuan Restaurant

A-29-37, Transit Quarters
Jalan Dato' Lim Hoe Lek
25200 Kuantan, Pahang
Tel : 09-517 1799

**Mexica Garden Seafood
Restaurant**

No. A1, Lorong Tun Ismail 11
25000 Kuantan, Pahang
Tel : 09-515 9248

Pak Su Seafood Restaurant

No. 4/1417, Batu 6
Lot 922, Kg. Bahagia Beserah
26100 Kuantan, Pahang
Tel : 09-544 8025

Restoran Hoi Yin

No. 31, Jalan Teluk Chempedak
25050 Kuantan, Pahang
Tel : 09-567 3871

Restoran Koos Idea

A-15, Ground Floor, Sri Kuantan Square
Jalan Sri Kuantan 2
25050 Kuantan, Pahang
Tel : 017-981 7799

Restoran Sri Galing

B – 29, Lorong Sri Kuantan 25
25000 Kuantan, Pahang
Tel : 09-566 8685

Restoran Sri Pantai Jaya

B 776, Jalan Air Putih,
25300 Kuantan, Pahang
Tel : 09-567 0257

Swan Seafood

Ground Floor
Hotel Grand Continental
Jalan Gambut
25000 Kuantan, Pahang
Tel : 09-513 6820 / 09- 555 2590

Yuen Yuen Restaurant

M.S. Garden Hotel Kuantan
Lot 5 & 10
Lorong Gambut Off Jalan Beserah
25300 Kuantan, Pahang
Tel : 09- 517 7899

New Rompin Restaurant

10, Bangunan LKNP
23800 Kuala Rompin, Pahang

Restoran Chuan Kie

No. 30 & 57, Jalan Jati 1
Goh Tong Jaya
69000 Genting Highlands, Pahang
Tel : 03- 6100 5652

Soo Ser Yen Restaurant (Vegetarian)

No. B94 -98, Ground Floor
Jalan Dato Lim Hoe Lek
25200 Kuantan, Pahang
Tel : 09-514 4872

Miss VeG (Vegetarian)

Ground Floor, East Coast Mall
Kuantan, Pahang

Indian**Aliff Curry House**

Jalan Mahkota
25000 Kuantan, Pahang

GC Curry House

No. B-132, Taman Gembira
Jalan Air Putih
25300 Kuantan, Pahang
Tel : 09- 568 4454

Kuantan Curry House

A21 & 23, Blok B
Lorong Sekilau 22
Prosperity Court
25200 Kuantan, Pahang
Tel : 013-933 2414

Spice Garden

H/G Unit 6.00, Ground Floor
Highlands Hotel
69000 Genting Highlands, Pahang
Tel : 03-6101 1118

KEDAH**Malay****City Garden Seafood Restaurant**

74-77, Jalan PSK-2
Pekan Simpang Kuala 2
05400 Alor Setar, Kedah
Tel : 04-772 5059

Din Laksa Teluk Kucai

246, Batu 4, Jalan Kuala Kedah
06600 Kuala Kedah, Kedah
Tel : 04-762 7032

Mas Merah Speciality Restaurant

Mutiara Pedu Lake, K.B. No 1
06300 Kuala Nerang, Kedah
Tel : 04-730 4888

Rempah Ratus Malay Restaurant

Aseania Resort Simpang 3
Jalan Pantai Tengah
07100 Mukim Kedawang, Kedah
Tel : 04-955 2020

Restoran Sri Pumpong

No. 2498-A, Pekan Pumpong
05250 Alor Setar, Kedah

Indian**Sri Ananda Bahwan Restaurant**

No. 206-A, Jalan Market
08000 Sungai Petani
Kedah
Tel : 04-425 3654

LANGKAWI, KEDAH**Kantan Restaurant**

PT 78, Pantai Tengah
Mukim Kedawang
07000 Langkawi, Kedah
Tel : 017-480 9722

Sun Sutera Restaurant

Pantai Cenang
Langkawi
Tel : 04-953 1801

Serai

Four Seasons Resort Langkawi
Jalan Tanjung Rhu
07000 Langkawi, Kedah
Tel : 04-950 8888

Saffron

Tanjung Rhu Resort
Mukim Ayer Hangat Langkawi
07000 Langkawi, Kedah
Tel : 04-959 1033

SABAH**Atlantis Seafood Restaurant**

Taman Golf View, Jalan Bundusan
88200 Kota Kinabalu, Sabah
Tel : 088-725 569

Café Boleh

The Pacific Sutera Hotel, Level 2
1 Sutera Harbour Boulevard
Sutera Harbour
88100 Kota Kinabalu, Sabah
Tel : 088-318 888

Kampung Nelayan Restaurant

Taman Tun Fuad, Bukit Padang
P.O. Box 23004, 88790 Luyang
Kota Kinabalu
Tel : 088-269 991 / 231 003 / 231 005

The Chinese Restaurant

Hyatt Regency Kinabalu
Jalan Datuk Salleh Sulong
88991 Kota Kinabalu, Sabah
Tel : 088-221 234
www.kinabalu.regency.hyatt.com

Ocean Seafood Restaurant

No. 4, Lorong Api-Api 3
Api-Api Centre
88000 Kota Kinabalu, Sabah
Tel : 088-264 701 / 269 701

Rasa Nyonya Restaurant

50, Gaya Street
88000 Kota Kinabalu, Sabah
Tel : 088-218 092

Sri Malindo Restaurant

B238 & B240, Phase II
2nd Floor, Wisma Merdeka
Kota Kinabalu, Sabah
Tel : 088-316 624

Sri Malindo Restaurant (Api-api Centre)

Block 2, Ground Floor
Lot G5, No. 5, Api-Api Centre
Kota Kinabalu, Sabah
Tel : 088-318 624

SARAWAK**Aroma Café**

Ground Floor, Sublot 126
Section 33, KTLD Jalan Tabuan
93100 Kuching, Sarawak
Tel : 082-417 163

Jambu Restaurant

22, Crookshank Road
93100 Kuching, Sarawak
Tel : 082-235 292

My Village Barok (Bistro)

No. 7, Kampung Boyan
93050 Petra Jaya, Kuching, Sarawak
Tel : 082-448 970 / 014-395 7576

Mango Tree

Jalan Crookshank
93000 Kuching, Sarawak
Tel : 082-235 353

Lyn's Thandoori Restaurant

No. 7, Jalan Song Thian Cheok
93100 Kuching, Sarawak
Tel : 082-234 934

Note :The above listing is not exhaustive. There is an abundance of restaurants in the country, serving a variety of delicious food. Visitors can enquire with their hotels, tour operators or the nearest Tourism Malaysia office for some of the highly recommended restaurants or popular eateries in town.



Glossary

Candlenut (*buah keras*)

Native to Malaysia and the South Pacific, candlenut is not eaten raw but usually pounded with other spices into a paste. It is used to thicken and flavour dishes. Candlenut is an indispensable ingredient in many Malay and Nyonya dishes such as curry *laksa*.

Cinnamon (*kayu manis*)

Cinnamon is a widely used spice in many sweet and savoury Malaysian dishes. Possessing a pleasant flavour and aroma, cinnamon stick or powder is used for soups, *rendang*, layer cake and more.

Clove (*bunga cengkih*)

Clove is an aromatic spice that is used in many types of dishes, particularly in Indian and Malay cooking. Due to its intense flavour, it is used sparingly.

Coriander (*ketumbar*)

Coriander seeds give a warm, piquant and spicy tinge to food. Available in powdered form or in whole, coriander is used in *rendang*, *serunding* (meat floss), curries, *chutneys*, *briyani* rice and as seasoning in many other dishes. The aromatic coriander leaves are usually used as garnishing in soups or *laksa*.

Curry leaf (*daun kari*)

Curry leaves are an important ingredient in many Malaysian dishes, particularly curries and sauces. Curry leaves are also used to add flavour to deep-fried food. It is usually added at the last stages of cooking to add fragrance and flavour to food.

Dried shrimp paste (*belacan*)

Belacan is one of the most indispensable items in typical Malay cuisine. This flavourful seasoning is made from fermented baby shrimps called *geragau*. It is mixed with salt, sun-dried and moulded into a disc or blocks. Not meant to be taken raw, the *belacan* paste is mixed with other ingredients as seasoning or pounded with chilli, shallots, lime juice and sugar to make *sambal belacan*. *Belacan* is an acquired taste.

Galangal (*lengkuas*)

Similar in appearance to ginger root, galangal is popularly used in Malay and Nyonya cuisine. It has a distinct earthy, spicy flavour and aroma. Galangal is commonly seen in seafood recipes and is often combined with garlic, chilli, lime or tamarind.

Kaffir lime (*limau purut*)

Also known as *makrut* lime, kaffir lime and its leaves provide a strong and unique flavour. The lime is usually used in seafood recipes. Its hourglass-shaped leaves are commonly used in Malay dishes such as *rendang* and *serunding*, as well as Nyonya fare such as curry *kapitan* and *otak-otak*.

Lemongrass (*serai*)

One of the essentials in Malay cooking is lemongrass. It provides a light lemony taste with a slight tinge of ginger. The lower portion of the stalk is either sliced or bruised to release the fragrant oil. It is also used in tea or other beverages.

Mint leaf (*daun pudina*)

In Malaysian cuisine, mint leaves are either used as an ingredient or to garnish soups or *laksa*. It is also used to make the Indian mint *chutney* or dip.

Mustard seeds (*biji sawi*)

Mustard seeds are either used in whole or ground and added to curries. It is also used in vegetable pickle or *acar*. Commonly used in Indian cuisine, mustard seeds combined with cumin seeds provide a pungent, nutty flavour to cooking.

Palm sugar (*gula melaka*)

Palm sugar is obtained from the sap of coconut palm and is normally sold in tubes that are wrapped with banana leaf. In Malaysian cuisine, the rich caramel-brown palm sugar is used as a sweetener to enhance the taste of desserts and porridge. It is normally combined with *pandan* leaves.

Pandan leaf / Screwpine leaf (*daun pandan*)

Pandan leaves are a natural flavouring used to add fragrance and colour to traditional cakes and puddings, and even savoury dishes. *Pandan* leaf can be crushed or bruised, and is usually added towards the last stages of cooking. Fresh *pandan* leaves are available at markets and in the cold storage departments of supermarkets.

Petai

Known for its pungent aroma, *petai* is also an acquired taste. The flat beans are usually eaten raw, dipped with *sambal belacan* along with rice and other side dishes. When used as an ingredient, *petai* gives that extra zing to *sambal*.

Polygonum / Laksa leaf (*daun kesum*)

A member of the mint family, *daun kesum* is an indispensable ingredient in Malaysian *laksa*, hence the name *laksa* leaf. Besides *laksa*, fresh polygonum can also be eaten raw with other herbs and vegetables, or added into *nasi ulam* or *nasi kerabu*. It has a minty taste and aroma.

Spring onion (*daun bawang*)

Also known as scallion or green onion, diced spring onion is often used as garnishing or ingredient in stir-fried dishes, noodles, soups, seafood or sauces. It gives a mild flavour and taste.

Star anise (*bunga lawang*)

Star anise is one of the most widely used spices in Chinese, Indian, Malay and Nyonya cuisines. Available in whole or ground form, this sweet-smelling spice is almost always added in meat or chicken dishes.

Tamarind (*asam Jawa*)

Originating from India, tamarind fruit is used throughout Southeast Asia as a souring agent. In Malaysia, it is often used to make sour dishes such as *asam pedas*, fish curry, *asam laksa* and seafood dishes. Tamarind fruit has many other uses – it can be made into a refreshing sweet-sour drink. In the east coast states, tamarind pulp is coated with sugar to make candy. Sometimes, tamarind is also used to shine brassware.

Torch ginger / Ginger flower (*bunga kantan*)

The fragrant torch ginger bud is an indispensable ingredient in making Nyonya-style dishes such as *asam laksa*, *asam pedas* and other spicy and sour gravy. It also complements seafood dishes and can be used to garnish steamed fish. It is best used fresh.

Turmeric (*kunyit*)

Available as fresh root or in powdered form, turmeric is extensively used as a flavouring as well as colouring agent. It is also used as seasoning or as marinade for deep-fried dishes. Turmeric is widely used in curries, particularly fish curry as it successfully masks the fishy odour.



Cooking Classes



Gain an insight into Malaysian food, its spices, herbs and condiments by joining a cooking class. Acquire new skills and surprise friends and family with delicious new recipes!

Bayan Indah Culinary Retreat

3343 Kg. Palimbayan Indah

Sg. Penchala, 60000 Kuala Lumpur

Tel : 03-7729 0122

E-mail : rohani@bayanindah.com

Website : www.bayanindah.com / www.rohanijelani.com

Learn to perfect your culinary skills with a hands-on cooking class with Rohani in her spacious purpose-built kitchen, overlooking an herb patch and a fish pond. Classes are small, informal, fun and insightful, and she uses fresh ingredients straight from her backyard. Classes end with a sit-down meal to savour your own cooking.

Cook With Shuk

The Lighthouse Langkawi Restaurant & Bar

Lot 246 I, Jalan Pantai Tengah, Mukim Kedawang

07000 Langkawi, Kedah

Tel : 04-955 2586

E-mail : shucor@streamyx.com

Website : www.thelighthouse-langkawi.com

Learn to cook traditional Malay food with Chef Shukri in his 80-year old wooden Malay house set amidst idyllic paddy fields and coconut palms. There are fixed schedules or set lessons, and the cooking experience can be tailored to your needs.

Akademi Memasak Chef Liza Zainol

(Formerly known as Azza Culinary Academy)

No. 1, Jalan 2/45A

Lot 32602B, Taman Kok Lian

Batu 5, Jalan Ipoh

51200 Kuala Lumpur

Tel / Fax : 03-6258 7102 / 019-691 0401

E-mail : enquiries@sweetazza.com.my

Website : www.sweetazza.com.my

Hands-on baking and cooking classes with cake baking specialist, Chef Liza Zainol.

Azrah's Home of Culinary Arts

341, Lorong Maarof

Bukit Bandaraya, Bangsar

59000 Kuala Lumpur

Tel : 03-2095 7385 / 012-644 0420

E-mail : kamalaasri@gmail.com

Website : <http://azrahkamalaasri.com>

Weekly workshops on Indian, Malay, Chinese and vegetarian cooking taught by cookbook author with 20 years experience, Azrah Kamala.

Chef Abdul Razak

Bahagian Pembangunan Latihan & Khidmat Rundingan

Kumpulan Pendidikan YPJ

Level 2, Wisma YPJ Holdings

No.5, Jalan Seri Perdana 1/3

Taman Tampoi Utama

81200 Johor Bahru, Johor

Tel : 07-241 6161

E-mail : chefrazak@yahoo.com

Blog : <http://chefrz.blogspot.com>

Chef Abdul Razak offers interesting cooking classes for traditional and international cuisines, as well as baking and ice-sculpting.

Woods Macrobiotics

(Woods Eco-Cuisine Cafe)

25, Jalan Telawi 2

Bangsar Baru

59100 Kuala Lumpur

Tel : 03-2287 0959 Fax : 03-2287 0969

E-mail : info@macrobiotics-malaysia.com

Website : www.macrobiotics-malaysia.com

Tap into the healing powers of food with holistic diet consultant and 'Basic Vegan Cooking' author June Kahong Lim. She encourages people to learn to cook with plant-based ingredients using macrobiotic principles, combining organic whole food and raw food.

Foodies 'N Friends

Tel : 03-2093 2728

Website : www.foodiesnfriends.com.my

E-mail : info@foodiesnfriends.com.my

Founded by renowned food writer Hannah Abisheganaden, Foodies 'N Friends aspires to promote the joy of cooking by organising scheduled cooking workshops and gourmet tours.

Culinary Capers

Tel : 03-2092 5985 / 2093 5789

Fax : 03-2093 5260

E-mail : gjayabalan@hotmail.com / geeta@eetech.com.my

Website : www.culinarycapers.com.my

Geetha Jayabalan specialises in northern Indian cuisine and also teaches vegetarian, international and fusion cooking throughout the year in her beautiful home. Fun cooking classes for children aged 6-13 are available during school holidays.

Grace Home Cakes

School of Baking and Decorating

16-1 Jalan 4/62D, Medan Putra 4

Bandar Menjalara, Kuala Lumpur

Tel : 03-6277 1977

Fax : 03-6277 0977

E-mail : info@gracehomecakes.net

Website : www.gracehomecakes.net

Learn the art of making beautiful wedding cakes, delicious pastries and breads. This culinary school teaches beginners and advanced levels and specialises in cake-decorating classes. Other cuisines are available too.

Note : Visitors who are interested to participate in the cooking classes are advised to make prior arrangements with the respective cooking academies.



Malaysia at a Glance



COUNTRY

The Federation of Malaysia comprises Peninsular Malaysia, which is made up of 11 states, three Federal Territories and the states of Sabah and Sarawak situated in Borneo.

CAPITAL CITY

The capital city of Malaysia is Kuala Lumpur.

GEOGRAPHICAL LOCATION

Located between 2 and 7 degrees north of the Equator, Peninsular Malaysia is separated from the states of Sabah and Sarawak by the South China Sea. To the north of Peninsular Malaysia is Thailand while its southern neighbour is Singapore. Sabah and Sarawak share a common border with Indonesia while Sarawak also shares a border with Brunei Darussalam.

AREA

329,758 sq km

POPULATION

28 million

PEOPLE

Malays make up about 57% of the population and are the predominant group with Chinese, Indians and other ethnic groups making up the rest.

LANGUAGE

Bahasa Malaysia (Malay) is the national language but English is widely spoken. Malaysians also speak various languages and dialects.

RELIGION

Islam is the official religion but all other religions are practiced freely.

GOVERNMENT

Malaysia practices parliamentary democracy and constitutional monarchy. The Head of State is the Yang di-Pertuan Agong and the Head of Government is the Prime Minister. The country has a bicameral legislative system.

CLIMATE

Malaysia has a tropical climate and the weather is warm all year around. Temperatures range from 21°C to 32°C and the annual rainfall varies from 2,000mm to 2,500mm.

ECONOMIC PROFILE

Manufacturing constitutes the largest component of Malaysia's economy while tourism and primary commodities such as petroleum, palm oil, natural rubber and timber are major contributors to its economy.

ENTRY REQUIREMENTS

Visitors must be in possession of a valid passport or travel document with a minimum validity of six months beyond the intended visiting period. Citizens of most countries do not require visas for social or business visits. For further information, please visit or call the nearest Malaysian diplomatic mission or Tourism Malaysia office.

CURRENCY

The unit of currency is the Malaysian Ringgit, which is indicated as RM. Foreign currencies can be converted at banks and money changers.

BANKING HOURS

In most states, banking hours are from 9.30am to 4.00pm from Monday to Friday. Banks in the states of Kedah, Kelantan and Terengganu operate from 9.30am to 4.00pm from Saturday to Wednesday.

POST OFFICES

Post offices are open from 8.00am to 5.00pm daily except on Sundays and public holidays. In Kedah, Kelantan & Terengganu, they are closed on Fridays and public holidays.

WORKING DAYS

Government offices in all states, with the exception of Kedah, Kelantan and Terengganu, operate on a five-day week from Monday to Friday. Some private establishments are open for half a day on Saturday. Government offices in Kedah, Kelantan and Terengganu are open from Sunday to Thursday. They are closed on Friday and Saturday.

TIME

The standard Malaysian time is eight hours ahead of GMT and 16 hours ahead of the U.S. Pacific Standard Time.

ELECTRICITY

The voltage used throughout Malaysia is 220-240 volts AC, at 50 cycles per second. Standard 3-pin square plugs and sockets are used.

MEASUREMENT SYSTEM

Malaysia uses the metric system.

TELECOMMUNICATIONS

Malaysia is linked nationally and internationally by telephone, facsimile, telegraph and via the Internet. Most hotels provide International Direct Dial (IDD) telephone services.

GETTING TO MALAYSIA

The main gateway to Malaysia is through the new Kuala Lumpur International Airport (KLIA) at Sepang, which is located approximately 50km south of Kuala Lumpur. Other major international airports that serve as entry points are situated in Penang, Johor Bahru, Kuching, Kota Kinabalu and the island of Langkawi. Malaysia has two Low Cost Carrier Terminals (LCCT), which are situated in Sepang and Kota Kinabalu. Over 40 international airlines fly into the country while the national carrier, Malaysia Airlines, has a global network that spans six continents. It is complemented by the budget airline AirAsia. The main entry point by sea is at Port Klang, about 50km away from Kuala Lumpur. Malaysia is also accessible by rail and road from Singapore and Thailand.

GETTING AROUND

Malaysia has excellent domestic air links serviced by Malaysia Airlines and low-cost carriers such as AirAsia and Firefly. The country has a well-developed and efficient public transportation system served by buses, taxis as well as trains.

ACCOMMODATION

Malaysia has a wide range of accommodation with competitive rates. International star-rated hotels, beach resorts, chalets, youth hostels and timeshare apartments are just some of the types of accommodation available.

DO'S & DON'TS

Here are some common courtesies and customs to make visitors' trip to Malaysia smooth and enjoyable:

- It is polite to call before visiting a home.
- Shoes must always be removed when entering a Malaysian home.
- Drinks are generally offered to guests. It would be polite to accept.
- Muslims only consume food that is deemed as *halal* or permissible by the Islamic law. Pork and liquor are strictly forbidden.
- Although *halal* food is widely available, not all restaurants in Malaysia are certified as *halal*. Muslims visitors are advised to enquire when in doubt.
- When visiting a homestay, visitors are advised to dress modestly.
- The right hand is always used when eating with one's hand or when giving and receiving objects.
- The forefinger is not used to point at places, objects or persons. Instead, the thumb of the right hand, with the four fingers folded under, is the preferred usage.
- Most hotels and restaurants levy a 10% charge and 5% government sales tax on bills. Therefore, tipping is not necessary. Should visitors want to show their appreciation for good service, a small tip will do.

GOURMET TOUR PACKAGES

(Sample Itinerary)



In Malaysia, there are many places of interest that are associated with food and culture. Visit a bustling wet market, savour authentic Malaysian food at an exclusive restaurant or be adventurous and try your hand at making some of the local delicacies! Below is a sample of what visitors can enjoy when they join a gourmet tour.

MALAYSIA GOURMET TOUR

Departure Daily
Minimum 2 pax

Malaysia is renowned for its diverse cuisines, as a result of its ethnically mixed population of Malay, Chinese, Indian and other races. There is good quality food to suit all budgets and tastes, ranging from the popular street stalls and coffee shops to fine dining restaurants. This tour will help you to understand and explore the array of culinary options in three major destinations in Malaysia, namely Kuala Lumpur, Penang and Langkawi.

KUALA LUMPUR

DAY 01 – KUL- CHINATOWN

Meet at the airport, transfer for a 1-hour journey from Kuala Lumpur International Airport (KLIA) to the Hotel. Free at leisure.

At 1700 hrs, proceed to Chinatown. Chinatown bustles with everything from food stalls to shops that sell clothes, shoes, watches, etc. Stroll along the stalls and restaurants and take in the sights and smells of the various delicacies.

Dinner at Old China Café, a quaint restaurant offering Chinese / Malay cuisine, with an ambience of the early 1900s.

Overnight. [D]

DAY 02 – KUL- COOKING LESSONS – CHINESE CUISINE

After breakfast, proceed with Chinese cooking lessons conducted by a renowned Chef, where you will see how “Dim Sum” and noodles are made. “Dim Sum” – freely translated, means “A Little Bit of Heart”. They are small pieces made of meat and vegetables placed in a bamboo basket, served either steamed or fried.

Try your hand at making this delicacy and then taste your own “creation”. Non-alcoholic welcome drinks and souvenir certificate will be given at the end of the class.

Afternoon, pick-up from the hotel and transfer to Central Market - a centre for handicraft, antiques and art. Continue journey to Little India, a place well-known for Indian food. Acquaint yourself with the potpourri of spices used for cooking at the spice shops.

Dinner at Coliseum Café, a restaurant renowned for its Western food and old-world charm. Overnight. [B/D]

DAY 03 – KUL/KLIA

Breakfast at the hotel. Departure transfer to KLIA for your onward flight or continue your gourmet adventure to Penang. [B]

PENANG

DAY 01 – PEN - COOKING LESSONS – INDIAN CUISINE

Transfer from Penang Airport to the resort.

Penang is known as a food paradise. It abounds with fresh seafood and fruits. Despite its Chinese character, Penang also has a strong Indian presence and there are some popular specialties to savour.

1845 hrs, transfer to Jaipur Court and learn how to cook Indian food in the heart of Georgetown's heritage zone. Jaipur Court is renowned for its excellent Northern Indian cuisine and was the recipient of Malaysian Tatler's 'Best Restaurant Award for 2001'. The ambience and setting of the restaurant is cosy and reminiscent of old Indian homes.

After dinner, enjoy a trishaw ride through the streets of Georgetown. Visit the Hawker Food Centre, a popular spot for some gastronomic adventure. Savour the vast variety of Penang's mouth watering delights before we drop you off at the nightspots and pubs. Of interest are Irish Pub at Farquhar Street, Soho's Pub at Penang Road and First Avenue at Cititel, Penang Road. Return to hotel on your own.

Overnight. [D]

DAY 02 – PEN - WET MARKET/GEORGETOWN TOUR/TROPICAL FRUIT FARM TOUR

Breakfast at the hotel.

0830 hrs, visit the Chowrasta Market. Take in the sights of different fish, vegetables, spices, etc. displayed for sale. Walk about tour of Inner City of Georgetown – Campbell Street, Kapitan Keling Mosque, Sri Maha Mariamman Hindu Temple, Kuan Yin Chinese Temple and Little India. Drive to Fort Cornwallis and visit the largest Reclining Buddha and a Burmese Temple.

1230 hrs, proceed to the Tropical Fruit Farm, a lush 25-acre orchard with over 140 species of tropical and sub-tropical fruit trees. There will be a tour around the farm, fruit tasting and one fruit juice for you to enjoy.

One should not leave Penang without tasting its good seafood – therefore we take you for dinner at Eden Seafood Restaurant.

Overnight. [B/D]

DAY 03 – PEN - AIRPORT

Breakfast at the hotel. Departure transfer to KLIA for your onward flight or continue your gourmet adventure to Langkawi. [B]

LANGKAWI

DAY 01 – LANGKAWI

Transfer from Langkawi Airport to the hotel. Rest and relax at the poolside.

Dinner at Bon Ton Restaurant, specialising in fusion food. The restaurant is located near the sea and has a wonderful ambience of antique traditional Malay houses and coconut trees.

Overnight. [D]

DAY 02 – LGK - ISLAND TOUR/ COOKING LESSONS – MALAY CUISINE

Breakfast at the hotel.

0900 hrs, pick up at the hotel. Proceed to learn how to cook Malay food in the environment and ambience of a traditional Malay house. The chef will guide you to select the herbs grown in the courtyard of a lavishly crafted Malay wooden house which resembles the palace of a Malay Sultan in the bygone era. Taste the food that you have cooked. Return to hotel at 3.00pm.

Evening, dinner at Barn Thai Restaurant, built entirely of tropical hard timber and set amidst lush mangrove surroundings. Walk along the wooden walkway for the next 450 meters to get to the restaurant. The wooden gazebos constructed along the walkway provide a suitable resting place for those who need a short break during the journey. Taste a mixture of different Asian cooking.

Overnight. [B/L/D]

DAY 03 – LGK/ AIRPORT

Breakfast at the hotel. Free at leisure. Departure transfer to Langkawi Airport. [B]

Please take note that the places of interest, menu and duration stated here are only examples and estimates. Visitors can contact their respective tour operators or enquire with the nearest Tourism Malaysia office for more information on gourmet tours.

Sample itinerary provided by Asian Overland Services Sdn. Bhd.
www.asianoverland.com.my





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(TRAFFICKING IN ILLEGAL DRUGS CARRIES THE DEATH PENALTY)

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